UNFIRED FOOD

AND

Tropho-Therapy

DREWS

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George J. Drews, A. D.

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UNFIRED FOOD

AND

HYGIENIC DIETETICS

FOR

Prophylactic (*Preventive*) Feeding

AND

Therapeutic (*Remedial*) Feeding

(Treats on Food in the Cause, Prevention and Cure of Disease.)

By GEORGE J. DREWS,
"ALIMENTATIONIS DOCTOR"

Contains 360 Recipes for

Health Drinks, Uncooked Soups,
Fruit, Flower and Vegetable Salads,
Unbaked Breads and "Brawnfoods,"
Unfired Pies and Wedding Cake,

DIRECTIONS FOR CURING EVERY COMMON DISEASE

Including Botanical Description and Complete Analyses of Every Natural Food, and Advice for Economical City and Cottage Gardening.

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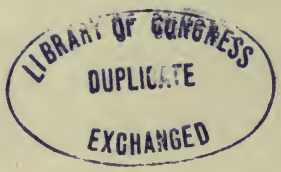

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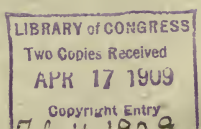


R. M. R.

"If thou but to thyself be true
'In feeding and right-living'

* * * * *

Thou cans't not be dishonest
To any other being."

(*Apologies to Shakespeare.*)

268430

DEDICATION

This Book is dedicated
to the
MOTHERS
of a better race,
to the
NURSES
of healthier families,
to
Reformers,
World Promoters,
Saviors
and all who would enjoy
to the fullest extent,
The Prime Pleasures of Life—
i. e. (Moral and Spiritual growth and refinement and Social Usefulness)
realized, only throu
A SOUND BODY
with a sane mind
which must be supported
with
Natural Food.

PREFACE

The author with an ambition to know in order to disseminate the esoteric truths of life, studied theology; but he could not be creed-bound and so he went on studying science and the various other religious cults and philosophies until he found a religious philosophy based on the absolute sciences.

The combined studies of chemistry, medicine, dietetics, anatomy, physiology and psychology revealed the one great fact that cooked food is not man's natural food and that it is the cause of ninety per cent of all diseases of the body and mind. He also found by inductive reasoning and proof that physical and mental diseases afflict the spirit and that a diseased spirit, in turn retards the progress of the soul. Thus he connected the prime cause with the ultimate effect. "Cooked food retards human evolution by causing physical, mental, moral, ethical and social diseases."

Now he adopted the natural diet but found himself in trouble on all sides. He found that he could not relish the natural flavor of many wholesome foods with his perverted taste, but by persistent efforts he finally found a remedy in combining the proper foods. His research into the chemistry of food suggested the possibility of natural remedies. The previous studies had also revealed the fact that drugs are only palliative in their nature; that they can not cure any disease nor remove the cause; but that they merely change the symptoms by introducing a new disturbance. The patient himself must remove the cause and supply the proper elements in the form of food with which Nature, only, can do the curing and healing. Natural Food Remedies now became the subject of his studies, investigations and experiments; for he realized that the world needs light on that subject and so he filed his notes to be compiled into book form. The following recipes are the result of the author's experiments during the last four years. Many of them are condensed into one from five to ten original and different recipes which can be judged from their inclusiveness. Every recipe so elaborated was tested

and retested in all its possible variations and these tests were personally eaten by the author and his devoted "nurse" (former cook) to note their wholesomeness and their therapeutic and prophylactic values. No time or expense was spared in gathering, corroborating and proving the practical information given in this book.

Henry Lindlahr, M. D., D. O., president of The Lindlahr College of Nature Cure and Osteopathy, has read and revised the manuscripts of Food Therapeutics and Food Prophylactics.

B. C. Peterson, G. M., O. O. M., president of the Society of the Veritans, has read and corrected the manuscripts of the Promiscuous Subjects.

Mr. Carl Cropp, botanist and secretary and treasurer of Vaughan's Seed Store in Chicago, has read and corrected the manuscripts of Alimentary Botany.

Mrs Mada Blasse, M. D. (Homœpath) has kindly corrected the proof sheets.

This book will cause many people to ask for detailed information or advice for personal application of natural food for better health or the cure of disease. The author will be pleased to answer such questions when accompanied by stamps to pay for stationery and mailing.

Let it be understood

that this book

is written for those who

"EAT TO LIVE"

and to

CURE

those who

LIVE TO EAT.

It is useless to study

ASTRONOMY

without a foundation

in rational

GASTRONOMY

INTRODUCTION

Cheer up sisters and brothers and rejoice with me for I have found the key that unlocks the door to physical, mental, moral and spiritual salvation and I will tell you how to use that key if you will but listen.

Those who are seeking for absolute health, longevity and refinement should understand that

THE BODY, MIND, SPIRIT AND SOUL ARE ABSOLUTELY INTERDEPENDENT.

Hence there is no sane mind, no spiritual perfection and no salvation of the soul without a healthy body. **Therefore the attainment of health is the first step toward the salvation (evolution) of the soul.** A healthy body can only be built and maintained with Nature's perfect (unperverted and unfired) food, pure water, fresh air, sunshine, exercise, restful sleep and a serene mental attitude savored with lofty aspirations.

It has been the earnest aim of the author to reintroduce a natural *health-sustaining, disease-resisting, disease-eliminating, brawn and brain-building* diet consistent with the present state of human evolution, civilization and refinement. A diet which shall promote further evolutionary progress on all the planes of body, mind, spirit and soul. A diet physiologically and financially economical, artistic, inviting and delicious. All logical minds will agree with me that this can only be accomplished by feeding on natural food which contains all the elements for building a healthy body and which promotes all the natural functions of life.

Here it must be understood that cooked food is not natural because its chemical constitution is changed (perverted) by the

destructive power of the applied high temperature. The sun energy (galama) is dissipated. The volatile essences are exploded. The tonic elements (organic salts) have been freed, mineralized and neutralized. The proteids are coagulated. The starches are rendered so soluble that they enter the circulation undigested. The atomic arrangement of sugar is rendered incongenial. And the oils are fused. Therefore cooked food readily ferments and decays in the alimentary canal; besides, its consistency does not give the proper exercise to the organs of cominution, digestion and absorption; and it has a tendency to puzzle, confuse and pervert the alimentary functions—thus laying the foundation for disease.

Natural unfired food promotes all natural functions of the body. With natural foods, only, can be laid the foundation for the maintenance of a truly healthful and beautiful body, spirit and soul. By means of the natural tonic, detoxicating and eliminating elements in unfired food can Nature keep the body clean, cure all diseases of body and mind and eradicate immoral tendencies. It is unnatural food which interferes with the natural metabolism of the system, which hinders and perverts natural growth, which retards recuperation and reconstuction, which produces anaemia and atonicity, which promotes disorderly proliferation, which causes abnormal craving and inebriety and which causes directly or indirectly nearly all the physical, mental and moral diseases and pains which ignorant, misinformed, deluded, ensnared and perverted humanity is heir to. Every attempt to impove on natural food by artificial means results in an absolute failure—it cannot be done.

Every unnatural thing or action in the realm of nature has inherent the cause of its own destruction. Hence for every infection and malfaction nature has an acute reaction (crisis) which results in salvation for those who obey her laws; but interfere with that acute reaction by means of medicine or surgery, and it may disappear only to reappear in a later chronic or fatal reaction. "Interference perpetuates both good and evil" hence—"Resist not evil."

There is a "Beneficent Design" in unperverted Nature, but also a malefic design in perverted and artificial Nature.

Materia Panacea

Natural food, fresh water and live air in connection with plenty of sunshine, exercise and rest, is the only reliable "Materia Panacea."

No matter how civilized or infinitely refined man may become, Natural Food can always be served invitingly, temptingly, beautifully and artistically without changing its wholesome chemical constitution. All natural food keeps pace with man in the progress of evolution and refinement, both by natural and human selection.

The hydropath, heliopath, aeropath, osteopath and homeopath can guarantee no permanent health, after they have assisted Nature to effect a cure, unless the patient will persist to feed on natural food and obey other hygienic laws. R. T. Trall, M. D. says. "Poisoning a person with drugs, because he is impure, is like casting out devils through Beelzebub, the prince of devils." The "Diagnosis from the Iris of Eye" proves that drugs are the irritant poisons which produce chronic diseases.

If

Natural Health

Perfect Health,
Physical and Spiritual Beauty,
Immunity from Disease,
Prophylactic (*preventive*) Feeding
Therapeutic (*remedial*) Feeding

or

Nature Cure

does not interest you
lay this book aside
and cater
to your perverted appetite
with your
favorite predigested food
which is
so tempting,
so sweet in the mouth,
so artificially beautiful,
so easy to gulp,
so smooth to swallow,
so stimulating,
so fashionable—
but wait—
sooner or later
Nature will impose her penalty
which will cost you
ease,
valuable time
and in doctor bills
many times the price of this book
if not
the lease to your physical tenement

"A Stitch in Time
Saves Nine."

Man's Natural Food

The natural food of all animals is that food which appeals to their individual instinctive sense of alimentation and to which their tastebuds and digestive organs are adapted. Man's tastes are perverted by unnatural food and he pays the penalty submissively.

Man's natural foods are

The Fruits,

The succulent Herbs and Roots,

The Nuts and

The Cereals,

which, in their natural (unfired) form

appeal to his

UNPERVERTED SENSE

OF ALIMENTATION.

Nature has supplied ample variety for each season to delight the senses and prevent monotony. Foods whose chemical constitution is changed by roasting, cooking, baking, fermentation, preserving, pickling and refining, *are not natural* and therefore cannot support and maintain health indefinitely. Every attempt to improve natural food by artificial means results in a failure. Animals have been fed on approximate foods, scientifically combined, and they died sooner than by starvation.

"Dainty and Artistic ways of serving Natural Food has a Usefulness beyond its Aesthetic Value."

The Food

as prescribed in this book,

in combination with

Sunshine
Fresh Air
Exercise and
Restful Sleep

will promote and maintain

Physical
Mental
Moral and
Spiritual
} Health

with which

Beauty

is concomitant

Natural food will build up and restore youthful Vitality, Vim, Snap, Celerity, Strength, Endurance, Courage, Willpower and Resistance.

Unfired Food

can not produce disease

because it contains no
Inorganic Sugar
Glucose
Soluble Starch
and
Partly decomposed Protein
to saturate the blood
neither
Inorganic Salts
to irritate the nerves
nor
does it readily ferment
or decay
in the alimentary canal
to produce toxic elements.
Unfired Foods
properly selected
scientifically combined
and
judiciously administered
have harmless medicinal properties
and
true remedial value
for curing nearly all diseases
by supplying
the proper saline elements
in the organic form.

Natural Foods

do, not only, prevent
and cure diseases
but they also,
often, awaken
dormant chronic diseases
(which gnaw at the core of life)
to an active crisis
in order to

defeat them

and

expel them

When this happens the "Nature Cure" is triumphant and the patient has nothing to fear but to help it along.

Unfired

Herbs and Roots with Nuts
can not ferment
in the stomach
nor
clog, cake and rot
in the intestines.
Their wholesome organic salts
are absorbed
and
their cellulose
stimulates normal peristalsis
(intestinal activity)

In the Unfired Diet one requires only about half the food material that is required in the cooked diet for the same physical exertion.

Why

are the cook and the drug doctor good friends?

(Esuaceb eht kooc syal eht noitadnuof rof esaesid dna nehw esaesid si detrats eht rotcod spaer eht tifeneb ot kcauq no ti.)

IGNORANCE AND SENSE

Don't boast of the disagreeable things you can eat nor display your ignorance in boasting of your health, retained in spite of eating unnatural foods, for you know not when Nature will call you to time. All natural food is relished by the unperverted palate as it comes from the hand of Nature.

Eat natural food to maintain and increase your physical and spiritual health and avoid all food which ensnares the appetite with artificial flavors and chemically changed consistency.

Don't rely on the likes and dislikes of your perverted sense of taste for selecting wholesome food nor blame the natural food when it painfully stirs up the filth in your system in order to displace it and eliminate it.

DIGESTIVE FLUIDS

Every natural food with an unchanged natural flavor as it comes in contact with the taste buds in the process of comminution, stimulates the secretion of a special combination of digestive fluids which are best adapted to digest the food tasted. Cooking changes the flavor of foods and thus the new flavor becomes misleading to the function of secreting digestive fluids.

DISCHARGE THE COOK who knows only how to tickle, surprise and delight a perverted palate at the expense of health and

HIRE A NURSE who knows how to combine and serve natural, health-sustaining foods in a dainty way.

PARENTS!—if you knew that every drug has an acute effect and also an opposite chronic effect which produces a drug disease later on; and provided you have the future welfare of your children at heart, would you not deem it extremely criminal to have them drugged?——?

Vaccination is the method employed to transmit, perpetuate and preserve the pox, syphilis and other infectious germs for future generations.

Never Allow a Doctor

or any one else

to suppress an acute disease

with drugs

unless the patient is willing
to take the consequences

# of worse diseases

that may follow
later on
as a return of the former disease
in a chronic form
or as a result of the poisonous drug.

For the sake of humanity!

Never Take

(or advise to take)

a drug or medicine

prescribed by an

Allopathic Doctor

unless you are willing to
suffer the awful consequences
of drug poisoning
in future months or years.

It is a proven fact that allopathic drugs either ***palliate*** by paralyzing the sense of pain or ***suppress*** the eliminating and healing activities by the introduction of a drug disease which in most cases turns out to be vastly worse than the disease suppressed. The poor, ignorant and helpless victims of some allopathic doctors are drugged for a half dozen or more (drug) diseases following one another until the patients are so full of virulent poisons that they are hopeless and then are pronounced incurable. Such allopathic doctors ought to be listed among criminals. Secondary and Tertiary Syphilis followed by paresis (softening of the brain) is the result of the mercurial drugs and salves used by allopathic specialists for men and women. They scare the patient with all kinds of dangers and guarantee quick cures, but they are not responsible for the effect of their drugs a year or five later.

A King Can Eat Nothing Better
and a Beggar Nothing Cheaper
than

Natural Food.

for it is the
Healthiest for the Rich
and
Cheapest for the Poor
and can be served
in such artistic
and attractive manner
as to become the dignity
of the most refined
and so simple
as not to puzzle
the most lowly
without detracting
from its quality
or deliciousness.

In what respect does cooked food differ from a hen?

(Ssenkcis sehctah eno eht,
snekcihc sehctah rehtɔ eht dna.)

From Cause to Effect

Unnatural Food

produces

:,: A Sick Body :,:

develops

:,: An Unsound Mind :,:

makes

:,: A Foul Character :,:

results in

:,: A Ruined Reputation :,:

involves

An Unhappy Soul

PAIN'S SOLILOQUY.

By C. J. Buell, President Minnesota Health League.

I.

I am Pain—most people hate me,
Think me cruel, call me heartless,
Study ways to bribe and fool me,
Try by every means to slay me,

Dope themselves with anæsthetics,
Fill themselves with patent nostrums,
Call the doctor with his poisons,
Seek the Christian Science healer,

Beat the tom-tom of the savage,
Build the altar. burn the incense,
Seek to sate the wrath of devils,
Pray to saints, and Gods, and angels;

Not to cure the ills within them,
Not to cleanse and purify them,
Just to calm the pain that hurts them,
Just to kill the guide that warns them.

II.

Pain am I, but when you know me,
When you once have learned my secret,
How I come to help and bless you,
Warn you, guide you, teach and lead you,

When you know my loving nature,
How at first I gently twinge you,
Lightly twinge you as a warning,
Hoping thus, by kind reminder,
You will hear my voice and listen—

Sure am I that when you know me,
You will gladly then embrace me,
Call me friend and give me welcome,
Call me friend and ask my message.

III.

This the message I would bring you,
This the reason for my visit,
This the warning I would give you,
This the secret I would teach you:

When you learn to live as Nature
In her great and boundless mercy,
In her tender, loving kindness,
In her wisdom and her goodness
Meant that men should live and labor,

When you learn to shun the by-ways
Leading off to vicious habits,
When you learn to keep your body
Strong and clean and pure and active,

Give it work in right proportion,
Give it air, and food, and water,
Fit to build its every member,
Fit to nourish every function,

When you teach your mind and spirit
Pure and noble thoughts to harbor,
Drive out fear, and hate, and malice,
Cherish love and kindly motive,

When you learn these things I've told you,
When you know them, when you do them,
Then I will depart and leave you,
Then no more will Pain be needed.

IV.

This is, then, the truth I bring you,
That I hurt you but to warn you,
Not to harm you but to heal you,
That I come to guide and teach you.

I am God's most blessed angel,
Sent to point the way to virtue,
Sent to teach the noblest manhood,
Sent to fill the mind with wisdom,
Sent to rouse the soul to action.

V.

Love me, trust me, heed my message;
I will bring you peace and bless you!

—As Published in the Nature Cure Magazine.

Most people go to greater expense and take more pains to make themselves ill than it will ever cost to keep well.

HUMAN PERVERSITY

Some people are so perversely civilized, so "would be" aristocratic, so imaginarily refined, so "goody-goody" mannered and so ridiculously delicate and dainty-mouthed that they dare not, and often cannot, eat natural foods; that natural foods choke them and that, even their ignorantly trained stomach revolts against natural foods. In this perversity, however, they are perfectly willing to be a fashionable sarcophag or necrophag (carrion eater); they are proud to be fashionably sick and pay a fashionable doctor and they have the wonderful courage to swallow the customary, most nauseating drugs irrespective of the dangerous after effects the expected cure may lead to. Unfortunately there are some good but uninformed people who would be true to themselves. These try natural foods with such suspicious fear of eating poison that they involuntarily arouse a reactionary and sympathetic revolt of the stomach, and others feel imaginary effects of poison and then they are sure that they cannot eat natural foods. Oh—what idiosyncrasies! Where is the will to be reasonably consistent with Nature?

NATURAL FOOD

The man that feeds on nuts and grains,
  Crisp herbs and roots, sweet fruit and water,
Knows little of disease and pains
  And of the many ills that bother,

His body well, his brain is clear.
  His soul is full of every goodness.
He lives a life that knows no fear
  Of Nature's' roughs, revenge and rudeness.

His passions are in harmony
  With spirit, soul and better senses.
In consequence Morality
  Accuses him of no offenses.

Tobacco, coffee, meat and beer
  And salt and pepper, wine and whisky,
Are words that harshly grate his ear;
  He knows their use is low and risky.

95 Per Cent of
Indigestion
is due to
Fermentable Foods.
Green Herb and Nut Salads
or
Root and Nut Salads,
as prescribed under salads,

can not ferment,
are not delayed in the stomach
or intestines,

and therefore they do not produce
gases or a sour stomach.

Do not blame the Salads if you combine them with other inconsistent food material or cooked or baked foods at one setting.

The unfired cellulose (fibre) of herbs and roots aids digestion and stimulates peristalsis; whereas cooked cellulose retards digestion, aids fermentation and constipates.

The harder the fibre of palatable herbs or roots the better for the stomach and intestines.

HUMAN PROGRESS

Only those can reach the Olympian heights of human excellence and human perfection who will get out of the ruts of perverted habits, who will cease to be their neighbors' apes who will not be moved by the ridicule of the ignorant, who will seek to replace belief, faith and lazy credulity by proven knowledge, who will learn the truth from every source and demonstrate it; who will take counsel and hints from the wise and reason for themselves; who will always practice the best they know and thus live an exalted example to the world, and who will teach the truth to those who are willing to learn for self-improvement. The foundation to all reform is a natural, health sustaining diet.

HUMAN APES

Many good people who have not yet evoluted far beyond the ape will not be able to take advantage of the natural health diet until they can ape someone else, until it becomes a fad or until they are forced by disease, pain and misery. Don't be prejudiced by your perverted senses or by hearsay, but use your reason and find out for yourself. Don't hire the minister to think for you but develope your own brains by using them. Take a hint from the wise and improve it yourself.

BE SELF-MADE

Cultivate the best habits and practice self-mastery.

Cooked Potatoes

and

Baked Bread

are the

backsliders

delusional

and

snary

refuge.

UNFIRED AND FIRED FOOD COMPARED

PROTEIDS

ADVANTAGEOUS FOOD	DISADVANTAGEOUS FOOD
Unfired nuts and legumes neutralize and absorb the acids of the stomach and prevent stomach fermentation. They do not endanger the system with proteid poisoning, since the gastric juices determine the quantity of their protein required and to be absorbed. Unfired protein has a wholesome chemical constitution after it is digested and absorbed.	*Cooked and baked legumes and nuts have lost their alkaline activity and tend to putrid fermentation in the stomach and are sure to decay in the intestines and the resulting gases are the cause of auto-intoxication (self poisoning) and constipation. The portion absorbed is chemically so abnormal that it generally breaks down into destructive poisons and uric acid.*

OILS

The oils in unfired nuts and cereals are soluble and emulsifiable in the gastric juices.	*Baking and roasting fuses the oils and renders them harder to digest and emulsify. Fused oils are hard on the liver.*

SUGAR

Unfired fruit sugar can not be improved as it is sundigested and ready for immediate absorption. It is Nature's harmless stimulant and it readily transforms into glycogen (a muscle lubricant). Sweet, fresh and dried fruits, St. Johns bread, sweet-root, sugar-cane, piths, fresh maple-juice and honey are wholesome sweets. Honey is the only harmless concentrated sugar.	*All cooked sweets are unwholesome because their sugar moleculc is rendered inorganic. Cane sugar and candy irritates the walls of the alimentary canal and gives rise to a profuse flow of mucus and thus initiates stomach catarrh. Cooked sweets and preserves retard stomach digestion and help to ferment the foods eaten with them. All cooked sugar absorbed into the circulation becomes a burden to the liver before it can be utilized.*

STARCHES

Unfired starch as it comes from the hand of Nature in cereals and roots is in the most perfect form for food. Ceareals are best eaten dry to insure proper ensalivation to initiate perfect digestion. With unfired starch the saliva and small intestines can regulate the quantity required to be changed into sugar for absorption. The refused portion of unfired starch does not become injurious to the system as it does not readily ferment or decay.	*Cooked and predigested starch is changed into soluble starch and glucose. In this unnatural form it is too freely absorbed and thus it oversaturates the blood. This condition compels an overdraft on the oxygen in the blood and then it burdens the organs of respiration. When the stomach and intestines refuse to absorb this unnatural starch it then ferments and causes as much trouble in another way. Cooked starch is too much predisposed to ferment and decay.*

CHLOROPHYLL

ADVANTAGEOUS FOOD	DISADVANTAGEOUS FOOD
Uncooked green herbs are most valuable for their chloraphyll, which is related to the proteids and has similar virtues. It is especially useful in preventing intestinal fermentation.	*Cooked chlorophyll has lost its chemical virtues and counts only as bulk.*

CELLULOSE

Every natural food has its required proportion of cellulose or indigestible fibre. Cellulose helps to grind and emulsify the food in the intestines. By means of the cellulose the intestines are better able to move and transport the food material. It develops the peristaltic muscles by giving them resistance and also stimulates the peristaltic activity. Last but not least, it eliminates waste poisons from the intestinal canal by absorbing the poisons and carrying them along. Herbs and roots uncooked contain the most useful cellulose and that in the outer coating of cereals must not be forgotten.	*Cooked cellulose has lost most of its intended usefulness. Cooking renders the cellulose either too soft, slippery, gummy or fused. Such cellulose tends to produce constipation by binding the fecal matter. Cellulose is often so well cooked that it readily undergoes fermentation and decay. Cooked foods generally promote the very unfavorable conditions which are prevented by unfired foods.*

SALINE MATTER

The organic salts in unfired foods are as important as all the other food elements combined. They constitute tissue bases, oxidizing agents, acid binders and eliminating agents. They are Nature's tonic elements. Upon them depends the healthy construction of every tissue and cell in the human body. Salad herbs are the richest in organic salts and next in order come roots and fruits.	*Cooking changes the most important organic salts into inorganic forms. The boiling fluids which contain a rich solution of the unorganized salts are generally cast away. Any artificial heat greater than that supplied by the sun tends to change and break up the atomic arrangement of the organic molecule and generally frees and neutralizes the most important basic atoms. All unorganized salts become irritants in the human body.*

CONCLUSION

All unfired fruits, herbs, roots, nuts and cereals that appeal to man's unperverted senses of alimentation are natural and wholesome foods.	*All foods that are cooked, baked, roasted, pickled and spiced are, certainly, not natural and always tend to be unwholesome.*

HOW TO BEGIN THE UNFIRED DIET

Through hundreds of years of an unnatural (cooked) diet man's sense of alimentation has become so perverted that this sense is no longer a reliable guide in selecting natural health sustaining food. The same diet has also perverted the sense of taste and the use of condiments has so blinded the tastebuds that the delicate flavors of natural foods are unrelishable, insipid and repulsive. The young child is still closer to nature. The author has seen many children who horrified their parents by eating uncooked potatoes like apples and several of them were whipped and spanked for this natural inclination.

In the attempt to "return to nature" it is best to begin with such foods as are not commonly cooked. The beginner may select from the fresh and dried fruits, the nuts the sweet salad herbs and tender roots and flaked or ground cereals. Many of these natural foods may be so combined that when they are chewed together their flavors blend in the saliva into a new and surprisingly delicious taste. The following combinations are a few favorite examples :

Chopped pecans and seedless rasins mixed into flaked wheat.
Chopped cabbage and chopped peanuts dressed with honey.
Thin pineapple slices sandwiched between lettuce.
Oatmeal combined with chopped peanuts and chipped dates.
Lettuce and grated cocoanut.
Oatmeal, seedless rasins and grated cocoanut.
Chipped apples, sliced bananas and walnut meats mixed.
Two or three peanuts chewed together with each bite of radishes.
Chopped celery mixed with pignolias or grated cocoanut.
Grated sweet potatoes, chopped cabbage and chopped almonds dressed with honey.
Sliced tomatoes and pecan halves dressed with honey.
Scotch oatmeal mixed with flaked pignolias and chipped figs.
For proportional combinations see the regular recipes.

COMMON OR INFORMAL HEALTH DINNERS

An every day unceremonious dinner served at home or at a restaurant should consist of three or four courses only.

THE FIRST COURSE.

An uncooked soup,
A health drink, or
A ten or twelve ounce section of a cantaloupe or watermelon.

THE SECOND COURSE.

A fruit salad,
An herbal salad, or
A salad pie.

THE THIRD COURSE.

A brown food,
Two ounces of unfired wafers, with nut butter,
Three ounces of unbaked bread or cake.

THE FOURTH COURSE.

A small dessert of

Fruit, 3 or 4 ounces,
Fruit sauce whip or mousse, or
One ounce of cereal confection or carobs.
These courses may be spread at once or served in succession.

A BANQUET MENU

Served in 8 Courses.

COURSE ONE

Serve only one of the following dishes :
An apple cut into eight sections and arranged to represent a lotus.
An orange with the peeling turned down to represent a flower.
A banana stuffed with a few nuts and peeling replaced.

COURSE TWO.

Serve about one ounce of one of the following foods for nibblers:
Pecan meats, carobs, chufas, dried olives (one-half ounce).

COURSE THREE.

Serve one of the following health drinks :
A lemonade. Orangeade. Fruit frappee. Tamarade. Rhubarbade. Fresh cider. Fresh grape juice. Near-milk.

COURSE FOUR.

Serve according to the convenience of the season :
A fruit salad, an herbal salad, a salad pie or a flower salad.

COURSE FIVE.

Serve a small dish of cereal foods as neatly as you can prepare them:
Brownfood. Honey flakes. Evaporated fruit flakes. Pound cake. Fruit bread.

COURSE SIX.

This course is optional.
Lentil surprise salad (small dish). One ounce of either lemon, cottage cheese, horseradish, cheese, cranberry savory cheese or cereal confections.

COURSE SEVEN.

Serve a small dish of the following preparations for dessert :
Banana mousse. Berry sauce. Apple sauce. Plain dessert.

COURSE FINALE.

Serve the fingerbowl.
When so many courses are served each individual dish must be comparatively small. A menu of six courses is long enough for most festive occasions.

W. V. Abbott, Photographer.

A DINNER,

Consisting of a Soup, a Salad, a Brawnfocd, Nibblers and Fruit.

THE RECIPES

This book will prove its real value to the nurse and the student in the novel and self explaining presentation of every recipe. The plan of arranging the ingredients of the recipes in a left marginal, boldfaced column will save the nurse the time wasted in reading the recipe five or ten times, will save her the trouble and energy wasted in learning the recipe or in underscoring the ingredients. These recipes need, only, to be read once and thereafter a glance at the boldfaced column tells the whole story. There is an other advantage to be gained from the column of weights; and that is it will guide the nurse to prepare only the quantity of material required and it also gives the student an idea of the quantity a dish should contain. It will save a wasting of materials both in the school and at home. All guessing is done away with in the exactness of weights and therefore the nurse must be provided with an ounce platform scale. There are many recipes that allow a lage latitude for variation and substitution, but here it must be understood that the first ingredient in a line following the weight is to be preferred the first time if it is on hand.

The nurse need not, necessarily, always use the scales for in a short time she will become so expert that she can tell the weight of any food material at sight. The recipes are classified in the order in which they should be served in a course dinner.

WEIGHTS AND MEASURES

It is not always necessary to weigh the ingredients for a recipe when the weight of a measure is known. A standard cup holds one-half pint or eight ounces liquid material. To be accurate, dry materials should be leveled off. Meals should not be pressed tight. The standard cup holds six ounces whole wheat, rye, hulless barley and peas; five ounces peanuts, corn, hulled oats, cornmeal and raisins; four ounces wheat, rye and barley meal and three and one-half ounces flaked peanuts.

An even spoonful is understood, unless "heaping" is specified. A tablespoon of liquid material is a half ounce, and of cereal meal is one-fourth ounce. A heaping spoonful of cereal meal or of flaked peanuts is a half ounce. Three teaspoons make one tablespoon. All the honey that adheres to a teaspoon is a half ounce. A medium closed handful of peanuts is about an ounce.

COMMERCIAL SNARES

Are you ignorant enough to be the victim of commercial snares? Did you ever think of the commercial value of this suggestion, printed on a blotting paper: { Yours for a Clear Head / Bromo Zeltzer } ? But this means—if your head is clear take bromo-zeltzer and burden your brain;—for—bromo-zeltzer shows its irritating effect in the region of the brain in the iris of the eye. Everybody has read { Malt-Marrow / Malt-Sinew } "Endorsed by Uncle Sam," "In Accordance With the Pure Food Law" and "Guaranteed Under the Food and Drug Act." These are a few of the innumerable commercial truthless suggestions which catch the ignorant, the credulous and those who pay the doctor to think for them.

HEALTH DRINKS

The best and most natural health drink is pure crystalline water. Sometimes, however, it happens that the water may be contaminated with miasma and here is where lemon juice and other fruit juices and also rhubarb juice are of great value, as they are nature's sterilizers. The cocoanut milk is also a powerful sterilizer aside from its nutritiousness. Fruit juices are furthermore, useful in water for their relished flavors and for their harmless stimulant sugars. Drinks flavored or mixed with fresh herbal juices are called Saline Drinks. These drinks are of inestimable value to the sick and convalescent. They do not burden the stomach and yet furnish those purifying and tonic salts. When drinks contain some wholesome food element in dilute form they are called *food drinks*. These are often very useful. No one should indulge in drinks right after a meal for they, then, dilute the gastric juices and disturb stomach digestion. Drinks at the temperature of the body and even a little warmer will prove to be most cooling in the end.

The best time to drink is three hours after a meal up to half an hour before the next meal. There is an advantage in drinking thirty minutes before a meal, *i. e.,* the liquid then entering the stomach becomes saturated with the gastric juices and then becomes an aid in the digestion of the following meal. Do not indulge in the drinks served at the soda fountain, for those drinks often, yes, too often, contain inorganic poisons for stimulation. Above all, beware of those drinks that are said to be refreshing. Yes, only refreshing. Ice cold drinks inflame the stomach and thereby cause an unnatural, unquenchable thirst. Why tea, coffee, chocolate, beer and fresh milk are not wholesome drinks is explained under "Promiscuous Subjects." The following recipes are intended to be served in an 8 oz. cup or glass.

FRUIT FRAPPEE

With a table fork and in a shallow dish, macerate and beat to a creamy consistency

2 oz. **Banana**, Strawberries, large Plums or other soft fruit. Then put the beaten pulp into a cup, add

5 oz. **Water** and beat with a rotary beater until even. When the fruit is tart add

½ oz. **Honey** (teaspoonful) and serve. Larger quantities of fruit pulp may be made liquid by beating the pulp with the rotary beater after the fruit is macerated.

LEMONADE

Put into a glass

¾ oz. **Lemon Juice** (2 spoonful),
½ oz. **Honey** (teaspoonful) and fill up with **Cold Water**. Stir it well and serve.

ORANGEADE

Put into a glass

2 oz. **Orange juice** (¼ cup),
½ oz. **Honey** (teaspoonful) and fill it up with **Cold water**. Stir it well and serve.

TAMARADE

Soak

1 oz. **Tamarinds** in
2 oz. **Water** until they are soft and then beat the soft pulp until it is all liquid. Take out the hard parts and add
4½ oz. **Water** and
½ oz. **Honey** (teaspoonful). Beat it well and serve.

This is a wholesome and tonic beverage. It resembles fresh grape juice and may be used in its place all the year round. It is an advisable substitute for coffee and tea. It is recommended in bacterial diseases.

HERBADE

Soak in a cup of **Water**, for one or two hours

¼ oz. **Spearmint**, mint, Fennel, Florence, Thyme or Savory leaves. Use less if the dried herbs are fresh and strong. Strain the infusion and stir into it.
½ oz. **Honey** (teaspoonful) and serve.

Herbade promotes elimination through the kidneys. Cooked tea burdens the kidneys.

RHUBARBADE

3 oz. **Rhubarb juice**, extracted by grating the fresh stems, cut in two inch lengths.
½ oz. **Honey** (teaspoonful), beat into the juice, and add
4½ oz. **Cold Water** (or warm if desired).

NUT TEA

Place into a cup
1 oz. **Peanuts** or Pignolias flaked as fine as possible and fill the cup nearly full with
Tepid Water (not boiling hot) and stir well. At your option add
½ oz. **Honey** (teaspoonful) or
¼ oz. **Lemon Juice** (teaspoonful) or both. This is a delicious and nutritious substitute for tea and coffee.

TONIC DRINK

Mix
2 oz. **Rhubarb juice** (4 spoonful),
1 oz. **Beet juice**, extracted from grated beets or Swiss chard leafstalks,
½ oz. **Honey** (teaspoonful) and
4½ oz. **Water**, cold or warm, and serve.
For convalescents with a weak stomach I know no better remedy.

NUT EMULSION

Mix and rub into a butter
1 oz. **Pignolias** or Peanuts flaked very fine and
½ oz. **Water**. Mix into this butter, little by little
6 oz. **Water**, beat it briskly with a rotary eggbeater and pour it through a large tea strainer. Stir it when it clogs the strainer. Add to this emulsion, at your option,
½ oz. **Honey** (teaspoonful) and serve in a glass with a teaspoon or rye straw.

CELERY DRINK

1 oz. **Fresh Green Celery leaves and stems** chopped fine. Put this in a mortar or cup, add

½ oz. **Water** and mash the juice out with a pestle, then add

6 oz. **Water** and let it stand half an hour or over night. Just before serving add

½ oz. **Honey** (teaspoonful).

SUGARCANE DRINK

Soak

1 oz. **Flax seed in**

¾ cup **Water** one hour and stir every ten minutes. Meanwhile run shelled sugarcane piths through an Enterprise Juicer. Strain the clear flaxwater into a glass and add

2 oz. **Sugarcane juice** (4 spoonful). If the glass is not full add water, stir and serve.

This is a delicious, refreshing and tonic drink, especially to be recommended to convalescents who need the available organic mineral elements it contains to rejuvenate their wornout system.

IMITATION BUTTERMILK

Put into a cup

½ oz. **Flaxseed** and add

6 oz. **Water.** Beat it briskly with a rotary eggbeater every ten minutes during one hour. Meanwhile mix and rub together

¾ oz. **Lemon juice** (3 teaspoonfuls) and

1 oz. **Pignolias** or Peanuts flaked very fine or twice. Let this stand 15 minutes or so; then add to it the above flaxseed fluid and beat it very briskly with the rotary beater. Now pour it through a large tea strainer, stir to prevent clogging, and serve in a glass with a teaspoon or rye straw. This is cooling in summer and refreshing in winter.

NEAR-BUTTERMILK

Soak in a cup ¾ full of water

1 oz. **Flax seed** and beat it about every ten minutes during the course of one hour with a rotary eggbeater. Before beating the last time fill the cup nearly full with water and then let the seed settle. Meanwhile mix and rub into a cream

1 oz. **Pignolias** or Peanuts flaked exceedingly fine and

½ oz. **Rhubarb Juice**. Put this cream into a cup and add

3½ oz. **Rhubarb Juice** and beat it briskly with a rotary beater and then add

3½ oz. **Flaxseed fluid** and beat it again briskly. Now pour it through a large tea strainer, stirring the while, to keep it from clogging. Serve in a glass with a teaspoon or rye straw. At your option you may add a half ounce honey (teaspoonful).

NEAR-MILK

Near-milk is prepared like near-buttermilk, with the exception that in place of the rhubarb juice only pure water or orange juice is used. This milk is wholesome, delicious, appetizing, cooling and refreshing. All the infectious diseases, such as consumption, lumpjaw and several fevers which may be transmitted to man in cows milk are barred out of near-milk.

"LEMONIZED" MILK

Into a cup containing

6 oz. **Sweet milk** pour

¾ oz. **Lemon juice** (of half a lemon) and quickly beat it briskly with a rotary eggbeater for two minutes to prevent it from curdling in lumps. This milk is acid sterilized. It is more wholesome for weaned children and adult convalescents than warm or sweet milk. Milk is not advised in the natural diet, but if it must be used let it be "lemonized" milk.

INVALIDS TONIC BEER

Mix together

3 oz. **Powdered Sweetroot** and

1 oz. **Powdered Hop flowers**. Take a loose heaping teaspoonful of the mixture to a cup of water—stir—let it stand fifteen minutes or less—stir again—strain and serve. This unbrewed beer contains the full value of organic salts and organic sugar and so can in no wise be compared with the brewed and fermented or commercial beer.

½ oz. **Powdered Sassafras bark** may be added to the above to impart the flavor of root beer.

SOUPS

The words *soup* and *supper* are an evolution from the words *sip* and *sup,* all of which imply the taking of liquid food in small portions at a time. Since a soup generally contains some solid food in minced form, the word *soup* indirectly means, a liquid food to be eaten and chewed. The spoon was invented for this kind of food. In some parts of this country and Europe it is customary to eat soup at the last or evening meal. The soups prescribed below are in accord with the laws of evolution, the habits of civilization and especially with natural hygienics. Every liquid food, water included, which is to be a part of a course dinner should always be carefully ensalivated and tasted with attention. Since the flow of the various gastric juices depends upon the flavors perceived and tasted by the tastebuds it is absolutely necessary that the ingredients of the soup should be consistent with all the dishes of the menu. If the menu predominates in tree fruits, let the soup be flavored with tree fruits; but if the menu predominates in herbs and roots, then let the soup be, likewise, flavored with herbal fruits, herbs and roots or let it be made up entirely of the juices of herbal fruits. Always serve the soup as the first course of a dinner for hygienic reasons. It is also best to serve the driest dish last to prevent overeating. A soup should generally consist of eight ounces or a cupful of liquid food.

PINEAPPLE SOUP

Beat together

3 oz. **Pineapple** grated (i. e. pulp and juice), and
1 oz. **Pignolias** or Peanuts flaked. Let it stand 15 min. and add
4 oz. **Tomato** minced or Cucumber grated and
½ oz. **Olive Oil** (spoonful) or Honey (teaspoonful). Beat well and serve.

MINCED TOMATO SOUP

Beat well together

6½ oz. **Tomatoes**, peeled with a very sharp knife and chipped into small bits,
½ oz. **Parsley** or Celery minced very fine and
½ oz. **Honey** (teaspoonful) or Olive Oil (spoonful) or both as preferred and serve.

MACERATING TOMATO FOR SOUP.

CREAM OF TOMATO SOUP

Mix and beat together

6 oz. **Tomato**, peeled with a sharp knife, chipped and macerated with a fork,
1 oz. **Peanuts** or Pignolias flaked,
½ oz. **Parsley**, Celery, Chives or other savory herbs minced and
½ oz. **Olive Oil** (spoonful) and serve

GRATING A CUCUMBER FOR SOUP.

CUCUMBER SOUP

Use

5½ oz. **Cucumber juice and pulp**, and prepare like "Rhubarb Soup." Peel and grate a 7 in. green or ripe cucumber and strain out only the seed, if large and hard, and ungrated chunks. The grated pulp adds to the body of the soup and its healthfulness.

EXTRACTING RHUBARB-JUICE BY GRATING THE STALKS.

RHUBARB SOUP

Put into a soup bowl

5½ oz. **Rhubarb Juice**, extracted by grating the fresh stalks cut in 2 in. lengths,
½ oz. **Rolled Wheat** or Oatmeal and
1 oz. **Peanuts** or Pignolias flaked very fine. Mix these and let it stand 15 min. or longer and just before serving add
½ oz. **Honey** (teaspoonful or 1 oz. Olive Oil (2 spoonfuls). Beat with an aluminum spoon and serve with an aluminum teaspoon. Other spoons form poisonous oxids

PANACEA SOUP

Rub together

2 oz. **Rhubarb**—or Pineapple juice and
1 oz. **Peanuts** or Pignolias flaked, then add
2 oz. **Cucumber** peeled and grated,
2 oz. **Tomato** peeled and macerated with a fork,
½ oz. **Assorted Savory Herbs** minced and
½ oz. **Olive Oil** (spoonful) or Honey (teaspoonful). Beat well and serve with an aluminum teaspoon.

OATMEAL FRUIT SOUP

Put into a soup bowl

6½ oz. **Grape juice** extracted by pressing ripe grapes through a juicer,
1 oz. **Oatmeal** or Rolled Wheat and
½ oz. **Olive Oil** (spoonful). Beat these together and let it soak five minutes or more before serving. Use an aluminum teaspoon. This soup is very delicious and self digesting.

COCOANUT MILK SOUP

Mix and beat together

3 oz. **Cocoanut milk**,
2 oz. **Green Corn** grated off the cob, Radishes or Kohl-rabi grated,
2½ oz. **Rhubarb** or Cucumber juice and
½ oz. **Chives** or Parsley minced and serve with an aluminum teaspoon. If it must be improved add
½ oz. **Honey** (teaspoonful) or Olive Oil (spoonful).

FLOWER SOUP

Mix and beat together

5½ oz. **Young Cucumbers** peeled and grated, Tomatoes peeled and macerated or Rhubarb juice,
1 oz. **Nasturtium Flowers** Hyacinth, Bean Flowers or Dandelion Flowers minced,
¼ oz. **Parsley** minced,
1 oz. **Pignolias** or Peanuts flaked and at option
½ oz. **Olive Oil** (spoonful) or Honey (teaspoonful) and serve.

SAVORY SOUP

Put into a soup bowl

7 oz. **Tomato** juice and pulp,
½ oz. **Parsley** or other savory herbs minced and
½ oz. **Olive Oil** (spoonful). Beat the oil well into the stock and serve with an aluminum teaspoon.

CREAM OF SORREL SOUP

(Broad leaved)

Mix and beat together

2 oz. **Sorrell leaves** cut into shreds and minced,
1 oz. **Peanuts** or Pignolias flaked,
¼ oz. **Parsley** or other savory herbs minced,
4½ oz. **Tomatoes**, peeled, chipped and macerated with a fork or Cucumber grated and
½ oz. **Olive Oil** (spoonful) and serve with an aluminum teaspoon.

CREAM OF SWEET CORN SOUP

Take

2 oz. **Young Sweet Corn** pulp grated off the cob,
1 oz. **Peanuts** or Pignolias flaked,
5 oz. **Cucumber**—or Tomato juice and
¼ oz. **Parsley**, Celery or other savory herbs minced. Beat these together and let it stand half an hour or so before serving. At option
½ oz. **Olive Oil** (spoonful) may be added.

CREAM OF CELERIAC SOUP

Take

5 oz. **Rhubarb** juice, Cucumber juice or Tomato juice and pulp and
1 oz. **Peanuts** or Pignolias flaked very fine. Beat these together and add
¼ oz. **Thyme**, Majoram, or Parsley, or all mixed, minced as fine as possible,
1 oz. **Celeriac**, Carrot, Parsnip, Beet or Turnip grated and
½ oz. **Honey** (teaspoonful) or Olive Oil (spoonful). Serve with an aluminum teaspoon.

CREAM OF PEA SOUP

Prepare like "Cream of Celeriac Soup" and in place of Celeriac use

1 oz. **Tender Green Peas** or Lima Beans flaked like the nuts, but not quite as fine.

SAVORY CREAM SOUP

Put into a soup bowl

5½ oz. **Rhubarb**, or Cucumber juice,
1 oz. **Peanuts** or Pignolias flaked and
½ oz. **Savory herbs** minced such as Chives, Taragon, Parsley, Celery, Thyme, Majoram, Onion tops and Leek. Beat and let the flavor diffuse and just before serving add
½ oz. **Honey** (teaspoonful) or Olive Oil (spoonful) or both as preferred.

BROWN OATMEAL SOUP

Soak for one hour or more

½ oz. **Oatmeal** or Rolled Wheat in
1 oz. **Blood Beet Juice** and prepare like Rhubarb Soup. Grate a 3 oz. beet and strain the juice through a colander.

CRANBERRY AND BEET OR PUMPKIN SOUP

Put into a soup bowl

1 oz. **Cranberries** chopped very fine and mashed with a wooden potato masher to free all the juice,
1 oz. **Blood Beet**, Pumpkin, Squash or Vegetable Marrow grated and
1 oz. **Peanuts** flaked or ½ oz. Rolled Wheat. Rub these together and let it blend, then add
5 oz. **Cucumber** grated, Tomato macerated or in Winter Tepid Water and
½ oz. **Honey** (teaspoonful) or Olive Oil (spoonful). Beat well and serve.

BANANA SOUP

To

4 oz. **Rhubarb juice** add
2½ oz. **Banana** macerated to liquidity,
1 oz. **Peanuts** flaked and if desired
½ oz. **Honey** (teaspoonful). Stir to mix and serve.

STRAWBERRY SOUP

To

5 oz. **Cucumber** grated add
2 oz. **Strawberries** macerated and
1 oz. **Peanuts** flaked. Mix and serve.

COCOANUT MILK SOUP, No. 2

To

4 oz. **Cucumber** grated add
2 oz. **Banana** macerated and
2 oz. **Cocoanut milk.** Stir to mix and serve.

WINTER SOUPS

All the soups in which tepid water is used are intended for winter or whenever rhubarb, cucumbers or tomatoes can not be had. It is always best to let the water come to a boil and then allowed to cool until it is below scalding temperature before it should be used. In order that the soup may not cool off too much in winter the soup bowl (consisting of heavy china), should be dipped into boiling water before the soup is filled into it. Heavy china holds the temperature better than thin porcelain.

HASTY SOUP

Put into a soup bowl

½ oz. **Chipped Onion**, minced Parsley, grated Celeriac or Parsley root, chopped Cabbage or ¼ oz. grated Horse Radish,

½ oz. **Grated Carrot**, Sweet Potato, Turnip or Parsnip and

1 oz. **Peanuts** or Pignolias flaked. When all is ready fill the bowl with

Tepid Water, stir and serve immediately. A heaping teaspoonful is about a half ounce.

CRANBERRY SOUP

Take

2 oz. **Cranberries**, chop them fine in a chopping bowl, press all the juice out with a wooden potato masher and add

1 oz. **Peanuts** flaked or ½ oz. Oatmeal and

½ oz. **Parsley-root** grated. Rub all these together and let it stand 30 minutes. Then mix into it

4 oz. **Tepid Water** and

½ oz. **Honey** (teaspoonful) or Olive Oil (spoonful), beat well and serve.

CREAM OF CELERY SOUP

Mix and mash together with a wooden potato masher
1 oz. **Pecans** or Peanuts flaked,
1½ oz. **Celery stalks** or Cabbage chopped fine and
½ Teaspoon **Caraway seed** ground and let it soak a while. Put this into a bowl and mix into it
5 oz. **Tepid Water** (not scalding hot) and, if desired,
½ oz. **Honey** (teaspoonful) or Olive Oil (spoonful) and serve.

ROOT SOUPS

Beat together
1 oz. **Peanuts** or Pignolias flaked
1½ oz. **Celeriac**, Parsley root, Parsnip, Turnip, Sweet Potato, Carrot or Beet grated.
½ Teaspoon **Caraway seed** ground, Dried Savory-herb leaves powdered or a pinch of Cinnamon powdered,
5 oz. **Tepid Water**, not scalding, and
½ oz. **Olive Oil** (spoonful) or Honey (teaspoonful) as preferred and serve in a bowl heated in boiling water.

COCOANUT-MILK SOUP

Take
1 oz. **Dried Currants**, chop and soak them 4 to 6 hours in
3½ oz. **Tepid Water**. Then add
½ oz. **Rolled Wheat** or Oatmeal and
3 oz. **Cocoanut milk** (1-3 cup). Warm till tepid but no hotter and serve in a bowl heated in boiling water. Masticate well.

One cocoanut has from 5 to 7 oz. milk.

LOCUST CREAM SOUP

Mix and beat together
1 oz. **Locust Bread** grated,
1 oz. **Pignolias** flaked and
6 oz. **Tepid Water** and serve in a warm bowl. The locust bread will be softer if soaked an hour in 1 oz. water, yet every soup should contain something to employ the teeth.

BANANA CREAM SOUP

Rub together

½ oz. **Lemon juice** and
1 oz. **Pignolias** or Peanuts flaked. Let it blend a while and beat into it
1½ oz. **Bananas** macerated or Apple grated and
½ Teaspoon **Annis seed** ground (optional). Then add
5 oz. **Tepid Water** and as preferred
½ oz. **Honey** (teaspoonful) or Olive Oil (spoonful). Serve in a boullion cup heated in boiling water.

APPLE-CREAM SOUP

1½ oz. **Tart Apple** grated
1 oz. **Pignolias** flaked, beaten to a cream, and
½ Teaspoon **Fennel seed** (optional). Let it blend a while and add
5½ oz. **Tepid Water**, not scalding. Beat and serve in a bowl heated in boiling water.

OATMEAL SOUP

Rub together

½ oz. **Lemon juice** and
1 oz. **Peanuts** or Pignolias flaked. Let it blend a while and add
½ oz. **Oatmeal**, Rolled Wheat or Rye,
5½ oz. **Tepid Water**, not scalding, and
½ oz. **Honey** (teaspoonful) or Olive Oil (spoonful). Beat well and serve in a bowl heated in boiling water.

CREAM OF FIG SOUP

Take

1 oz. **Dried Figs**, mince and soak them 4 to 6 hours in
2 oz. **Tepid Water**. Then add to this
1 oz. **Pignolias** or Peanuts flaked
½ Teaspoon **Fennel** or Anise seed ground (optional) and
4 oz. **Tepid Water**, not scalding. Beat and serve in a bowl heated in boiling water.

TART CREAM OF PRUNE SOUP

Is made like Cream of Fig Soup

CREAM OF PUMPKIN SOUP

For this soup take

1½ oz. **Cranberry butter** or Lemon cheese (see under Butter),
¼ Teaspoon **Caraway seed** ground.
1½ oz. **Pumpkin** or Squash grated and
5 oz. **Water**, boiled, but used below the scalding temperature. Beat it even and serve in a bowl or boullion cup heated in boiling water.
½ oz. **Olive Oil** (spoonful) or Honey (teaspoonful) may be added as preferred.

INVALID'S CLABBER SOUP

Put into a soup bowl

1 oz. **Chopped Spinach**, lettuce, celery or cabbage and
1 oz. **Grated Carrot**, parsnip, turnip, beet or potato and add
6 oz. **Churned Thick Milk** or buttermilk—stir well and serve.

This food, well masticated, will quickly restore an emaciated or starved body since it contains the most acceptable form of concentrated protein, for adults,—combined with the required organic binding-salts of the vegetables. This dish should be eaten only once a day to prevent too rapid increase of weight. It must be avoided during a healing crisis and during any eliminative operation of the system. It should be only used after the system has conquered disease or after a successful fast. Forget it when the required results are obtained.

PREPARATION OF SALAD HERBS AND ROOTS

For the sake of the young student of dietetics it is necessary to say a few words as to cleaning and preparing herbs and roots for the table. All roots which have no perceptible or objectionable skin like the carrot and parsnip need, only, to be scrubbed, with a brush, rinsed and dried for table use. Such roots as have a smooth and tender skin like the young radish should be washed and dried. Young sweet potatoes and artichokes need only a scrubbing and rinsing but old ones may be scraped. The Irish potato is best peeled because next to the skin is a repulsive volatile element which may irritate the olfactory nerves, of some people, so as to produce a headache.

Turnips and kohl-rabies which have a hard fibrous rind must be peeled. The inner protected leaves of a cabbage head need no rinsing. Nasturtium leaves are generally so clean that

CHOPPING HERBS.

MINCING HERBS.

they can not be washed cleaner. Young linden leaves and sassafras leaves are clean unless they are picked from very low bushes. Lettuce and all other salad herbs which are exposed to sand and dust must be rinsed in several waters to make sure that there is no sand left on them. The tender stems of young lettuce should not be discarded but since the pockets at the base of the leaves are generally washed in with sand they should always be picked apart.

CHOPPING (WHITTLING) SWISS CHARD STALKS.
ROCKING THE DOUBLE CHOPPING-KNIFE.

There is nothing more disagreeable in a salad than to be so unfortunate as to bite on a grain of sand; therefore the nurse should take extra precaution to prevent its presence.

DRYING HERBS AFTER WASHING.

Salad herbs which are intended to be chopped and combined with nuts and dressings must contain no water left on them from rinsing. Such water makes the salad taste insipid and

sloppy. The best way to dry salad herbs is as follows: Lay the wet herbs, leaf by leaf, on a towel, kept for this purpose, and roll it up from one end and then wring it gently to let the towel absorb the water. Very young cucumbers need only be washed but those which are longer than three or four inches should be peeled very thinly.

Tomatoes for salad need not be peeled but those for soups should be peeled just as thinly as possible with an extra sharp knife in order that the pulp can be better macerated. This is enough for general directions. The special directions are given in each recipe.

COMBINATION SALADS AND THEIR VALUE

Everybody knows that the highly evoluted and civilized ear is more pleased with a harmonious combination of sounds than with a simple sound. A display of harmonious colors is pleasing and restful to the cultivated eye. In like manner the taste bud and olfactory nerves respond with greater satisfaction to a harmonious combination of flavors. The most important reason for combining consistent food materials is to give the system a larger scope of needed food and tonic elements. Foods that are extremely concentrated and those that are very dilute are combined to strike a happy and wholesome medium.

A GARNISHED SALAD.

Tender, succulent and crisp materials are best left coarse to give the teeth a chance to usefulness. Hard and tough material is best reduced to a corresponding fineness by grating to save unnecessary waste of time and energy. These extremes are then combined to produce a medium condition. A combination of chopped cabbage, chipped onion, grated sweet potato and flaked nuts is an example. A good combination will give a healthy exercise to every function of the alimentary canal. The following recipes are so computed that they indicate the weight of the proper quantity for one dish of the respective materials. The nurse must therefore, multiply the weights by the number of dishes to be served.

Substitution of Savories

In the following recipes none but wholesome and beneficial savory herbs are used as flavoring admixtures. The following herbs are most commonly known and used. Green celery leaves, parsley, dill, leek, onion tops, onions, chives, mint, summer savory, thyme, basil, majoram, rosmary and sage. Should it happen that any one of these, prescribed in the selected recipe, should be wanting or out of season the nurse may use her judgment in selecting a substitute. Should it be known that the flavor of certain herbs are disliked the nurse may substitute them with such as are relished. The nurse who understands the principle of natural nutrition can make many changes and improvements to suit the tastes of those who are to dine.

Substitution of Vegetables, Fruits and Nuts

Wherever in the following recipes substitution is indicated by naming two or more vegetables, two or more fruits or two or more kinds of nuts following the weight of that portion of the recipe, it is intended that the nurse should take the indicated weight either of the second or third named ingredient when the first is not on hand or is not desired. Thus the intended dish can be varied without changing the quantity or

weight of material. Substitution is always indicated by the word "or." When the word "and" is used to connect two or more ingredients, it is intended that the nurse should select her favorite two or more (not necessarily all) of the named ingredients but that the total weight of all she selects should be no more than what is indicated in the column of weights. The ingenious nurse should bear in mind that many of the following recipes may be used as practical models for new combinations.

Substitution of Oil Dressings

Whenever olive oil is not on hand or is too expensive then the nurse may substitute cotton-seed oil, sunflower-seed oil, peanut oil or cocoanut oil. Oils which have been sterilized or subjected to high temperatures in the process of separation are hygienically inferior to those which have been extracted by a cold process.

Optional Ingredients

It is left to the good judgment of the nurse to either omit or use optional ingredients. They are often required to make the dish palatable to those whose tastes are not yet normal.

APRIL SALAD

½ oz. **Asparagus tips** sliced crosswise as thin as a knife blade,
½ oz. **Dock leaves** or Dandelion cut into fine shreds or chopped,
½ oz. **Artichokes** or Parsnips cubed or chopped and
1 oz. **Peanuts**, Pignolias, Walnuts or other nuts chopped. Toss these together and mix into it
½ oz. **Honey** (teaspoonful) and
½ oz. **Olive Oil** (spoonful).

APRIL SALAD

½ oz. **Artichokes**, cubed or chopped,
½ oz. **Asparagus**, sliced very fine,
½ oz. **Dandelion** chopped and
1 oz. **Pignolias** or Peanuts flaked or Cocoanut grated. Mix these well into one another and serve.

DOCK SALAD

1½ oz. **Dock leaves** and tender stems cut into shreds and chopped quite fine,

1 oz. **Peanuts**, Pignolias or other Nuts chopped, and

½ oz. **Honey** (teaspoonful) or Olive Oil (spoonful) or both. Mix all well together and serve. Dock is available April 15th to June 15th. If raised in a garden and not allowed to run to seed it will grow tender leaves all Summer and Fall.

This is a blood tonic being rich in organic iron and other organic salts.

DOCK SALAD

1 oz. **Dock leaves** and tender stems cut into shreds, then chop quite fine, add

1 oz. **Peanuts**, Pignolias flaked or Cocoanut grated, mix and serve.

ASPARAGUS SALAD

1 oz. **Tender Asparagus tips** sliced as fine as possible,

½ oz. **Chives**, Onion tips or Oxalis leaves and leaf stems chopped and

1 oz. **Peanuts**, Pignolias, Walnuts, Almonds or other nutmeats chopped. Mix into these

½ oz. **Honey** (teaspoonful) or Olive Oil (spoonful) and serve

DANDELION SALAD

1½ oz. **Dandelion leaves** (and hearts) cut into shreds and chopped crosswise. Mix this with

1 oz. **Cocoanut**, grated, Peanuts or Pignolias flaked or other Nutmeats chopped and serve. When chopped nuts are used.

½ oz. **Olive Oil** (spoonful) or Honey (teaspoonful) may be added to advantage.

ASPARAGUS IN NUT CREAM

1½ oz. **Asparagus** tips, cut as thin as a knife blade. Use tender tips only.
1 oz. **Pignolias** or Peanuts, flaked,
1 oz. **Rhubarb juice**. Mix these and beat until creamy. Just before serving add
½ oz. **Honey** (teaspoonful); mix again and serve. Serve without honey if preferred or replace it with Olive Oil.

LENTILS IN NUT CREAM

1 oz. **Lentils** soaked over night, rinsed, and dried in a towel,
½ oz. **Pignolias** or Peanuts flaked and
2 oz. **Rhubarb juice**. Mix these and beat it to a creamy consistency and serve with an aluminum teaspoon. For variety add
½ oz. **Honey** (teaspoonful) just before serving.

DANDELION SALAD

1½ oz. **Dandelion leaves** cut into shreds and chopped crosswise.
1 oz. **Peanuts**, Pignolias, Walnut or Pecan chopped and
½ oz. **Honey** (teaspoon). Mix these well and to give it smoothness add
½ **Olive Oil** (spoonful).

DOCK IN NUT CREAM

1 oz. **Dock leaves**, cut into fine shreds,
1 oz. **Peanuts**, flaked.
2 oz. **Rhubarb** juice, extracted by grating the fresh stems cut in 2 in. lengths. Mix and beat these into a creamy consistency and serve garnished.
If it must be improved.
½ oz. **Honey** (teaspoonful) or Olive Oil (spoonful) may be added.

ASPARAGUS SALAD

1½ oz. **Asparagus tips** cut as thin as a knife blade; use tender tips only;
1 oz. **Pignolias** or peanuts chopped,
½ oz. **Olive Oil** (spoonful) and
½ oz. **Honey** (teaspoonful). Mix all well and serve.

PAN TONIC SALAD

Mix together several or as many as you can get of the following herbs.

Sour Dock leaves,
Dandelion leaves and flowers,
Sour knotweed,
Young Woodbine shoots,
Young Linden leaves, sparingly,
Shepherds Purse,
Nasturtium leaves and flowers,
Curled—, Upland—, or Water Cress,
Broad leaved—or Sheep Sorrel,
Oxalis or Woodsorrel,
Cheese leaves,
Corn Salad,
White Mustard leaves,
Plantain,
Winter Cress,
Salad Burnet,
Gumbo Pods or leaves,
Spinach,
Parsley and Celery and
Esculent Roots,

Mix, according to the flavors,
1 to 2 oz. **Of your Selection** minced, with
1 oz. **Nutmeats** flaked, Cocoanut grated or 2 oz. of the salad dressings.

ARTICHOKE SALAD

1½ oz. **Artichokes**, washed, cubed or chopped,
½ oz. **Onion** minced and
1 oz. **Pignolias** flaked or chopped or Cocoanut grated. Mix these well and serve.

MAY SALAD

1 oz. **Lettuce** cut into fine shreds,
1 oz. **Dandelion** leaves cut into shreds and chopped crosswise,
½ oz. **Oxalis leaves** and leaf stems chopped,
½ oz. **Radishes** cubed or chopped and
1 oz. **Nuts**, your choice, chopped. Toss all together and mix into it
½ oz. **Honey** (teaspoonful) and
½ oz. **Olive Oil** (spoonful) then garnish and serve.

DANDELION FLOWER SALAD

2 oz. **Dandelion Flowers** cut fine. Lay a bunch of flowers on the board and cut thin slices from the bunch cutting each flower through several times. Use the stems also.
1 oz. **Cocoanut** grated, Pignolias or Peanuts flaked. Toss these well together and serve garnished with a flower or two.

This is a delicious dish. Dandelions blossom a second time in September and October.

OXALIS SALAD

1½ oz. **Oxalis leaves** and leaf stems cut very fine and
1 oz. **Peanuts** or Pignolias flaked or Cocoanut grated. Toss these together and garnish with a few flowers. It has a delicious flavor of its own with cocoanut.

LETTUCE AND COCOANUT SALAD

Mix

2½ oz. **Lettuce** cut into shreds and these cut again with
1 oz. **Cocoanut** grated and drip over it
2 oz. **Cocoanut Milk**. Serve with a teaspoon.

DANDELION SALAD WITH OIL

2 oz. **Dandelion leaves** cut into very fine shreds,
1 oz. **Peanuts** or other nuts chopped and
½ oz. **Olive Oil** (spoonful). Mix the oil well into the salad, garnish and serve

COMBINATION SALAD

2 oz. **Lettuce** cut into shreds and then chopped crosswise,
¼ oz. **Chives** or Onion Tips cut fine,
½ oz. **Curled Garden Cress** cut fine and
1 oz. **Pignolias** (or other nuts) flaked. Toss and mix the nuts well into the salad and pour over it
2 oz. **Rhubarb juice**. Serve it thus or beat it till the nuts become creamy.

DELICIOUS LETTUCE SALAD

2 oz. **Lettuce**, cut into shreds and these cut again a few times,
½ oz. **Onion** tops cut quite fine and
1 oz. **Cocoanut** grated. Mix the cocoanut well into the salad and pour over it
1 or 2 oz. **Cocoanut Milk**. Serve with a teaspoon.

RADISH SALAD

Mix

1½ oz. **Radishes** cubed or chopped with
½ oz. **Peanuts**, Pignolias or other nuts chopped or flaked. For black or other very hot radishes use one whole ounce of nuts. Garnish with a few thin slices.

HONIG ZALAT

3 oz. **Lettuce** cut into fine shreds and dressed with
½ oz. **Honey** (teaspoonful). Serve with fork and teaspoon.

LINDEN SALAD

½ oz. **Young Linden Leaves** cut into shreds and minced and
½ oz. **Peanuts** (or other nuts) flaked. Toss these together and serve.

RADISH PUDDING

2 oz. **Radishes**, grated,
½ oz. **Savory herbs**, minced
½ teaspoon **Caraway seed** ground,
1 oz. **Pignolias** or Peanuts flaked. Mix and rub these to the proper consistency and serve on a lettuce leaf or otherwise garnished.

HOT SALAD

1½ oz. **Lettuce** cut into shreds,
1 oz. **Mustard leaves**, shredded and chopped
¼ oz. **Onion Tops** cut fine,
2 oz. **Rhubarb juice** (4 spoonful),
½ oz. **Honey** (teaspoonful) and
½ oz. **Olive Oil** (spoonful). Mix and mingle all together and serve with an aluminum teaspoon. Chopped nuts will reduce the pungency of this salad.

LETTUCE DRESSED

2½ oz. **Lettuce**, torn into shreds, dressed with
2 oz. **Dressing** for vegetables. See under dressings.

SHEPHERD'S PURSE SALAD

May be prepared and served like Dock Salad. Available all May until it blossoms.

YARROW IN NUT CREAM

1 oz. **Young Yarrow leaves**, cut on a chopping board as fine as possible,
1 oz. **Peanuts flaked**, and
2 oz. **Rhubarb juice**. Beat these until it is creamy, then add and mix into it
½ oz. **Honey** (teaspoonful) and
½ oz. **Olive Oil** (spoonful). Serve only on request and with an aluminum teaspoon.

YARROW AND NUT SALAD

1 oz. **Young Yarrow leaves** whittled very fine and
1 oz. **Peanuts flaked**. Mix these and serve on a lettuce leaf only on request. This salad is a proof of the value nuts in the combination with harsh, hot and bitter herbs.

DEUTSCHER ZALAT

3 oz. **Lettuce** cut into shreds and these cut again or chopped,
1-3 oz. **Onion tops** or chives cut fine and
2 oz. **Rhubarb juice**. Toss the juice into the salad and pour over it
½ oz. **Olive Oil** (spoonful). Mix the oil well into the salad and serve with an aluminum teaspoon.

MUSTARD SALAD

1 oz. **Mustard leaves** and tender stalks cut and chopped,
½ oz. **Dandelion Flowers** minced or other sweet herbs,
1 oz. **Peanuts** flaked and
(See page 173) Mix and beat to a creamy consistency and serve with an aluminum teaspoon.
½ oz. Honey may be added at your option.

MUSTARD SALAD

1 oz. **White Mustard leaves** cut into shreds and chopped fine.
½ oz. **Dandelion Flowers** minced if on hand and
1 oz. **Cocoanut** grated. Mix garnish with a dandelion flower and serve.
1 oz. **Cocoanut milk** added improves the flavor.

PLANTAIN SALAD

1½ oz. **Plantain** cut into shreds and minced and
1 oz. **Peanuts** or Pignolias flaked. Mix and serve—or, with your favorite nuts chopped, you may add
½ oz. **Honey** (teaspoonful).

JUNE SALAD

1½ oz. **Lettuce** cut into shreds and chopped crosswise,
1 oz. **Dandelion leaves** cut into shreds and chopped,
¼ oz. **Taragon** or other savory herbs minced.
1 oz. **Peanuts** or Pignolias flaked and
2 oz. **Rhubarb juice**. Mix these and beat until it is creamy and serve with an aluminum teaspoon. One-half ounce of olive oil or honey may be added if desired.

DANDELION FLOWER AND LETTUCE SALAD

1½ oz. **Lettuce** cut into shreds and these cut crosswise,
1 oz. **Dandelion Flowers** and scapes, cut so that each flower is sliced crosswise several times and
1 oz. **Pignolias** flaked or Cocoanut grated. Toss these into one another, garnish with a whole flower and serve.

LETTUCE AND CRESS SALAD

2 oz. **Lettuce** cut into shreds and chopped
1 oz. **Curled Garden Cress** chopped fine and
1 oz. **Cocoanut** grated, Pignolias or Peanuts flaked. Mix these garnish and serve.

CURLED GARDEN CRESS SALAD

1 oz. **Cress** cut fine, thus—Lay a bunch on a chopping board and cut off thin slices, thus mincing it. Mix into this

1 oz. **Cocoanut** grated, Peanuts, Pignolias flaked or other nuts chopped.

Those who like the flavor of cress may use 1½ oz. to the above amount of nuts.

CURLED GARDEN CRESS SALAD

1½ oz. **Cress**. Chop it quite fine and let it stand 15 minutes or so to let the pungency evaporate, and add

½ oz. **Peanuts** chopped,

½ oz. **Honey** (teaspoonful) and

¼ oz. **Olive Oil** (teaspoonful). Mix these till all the cress is dressed, garnish and serve.

RHUBARB CREAM SALAD

2 oz. **Spinach**, Plantain, Corn Salad, White Mustard, Curled —, Upland— or Water Cress, Nasturitum leaves, Parsley or Celery cut into shreds and chopped,

2 oz. **Rhubarb juice** and

1 oz. **Peanuts** or Pignolias flaked. Mix and stir these until creamy and at your option add

½ oz. **Honey** (teaspoonful) or Olive Oil (spoonful).

SORREL SALAD

1 oz. **Sorrel leaves** and juicy leafstems cut into shreds and chopped

½ oz. **Onion Tops**, Parsley or Celery minced and

1 oz. **Peanuts**, Pignolias flaked, Cocoanut grated or mixed nuts chopped. Mix these and serve; (or) — but when chopped nuts ar used.

½ oz. **Honey** (teaspoonful), Olive Oil (spoonful) or both may be added.

LENTIL SALAD

1 oz. **Lentils** soaked over night, rinsed and dried in a towel.
1½ oz. **Lettuce,** cut into shreds and chopped
¼ oz. **Savory herbs** minced and
½ oz. **Honey,** (teaspoonful). Mix the honey well into the salad and serve.

LETTUCE AND PARSLEY SALAD

1½ oz. **Lettuce,** cut into shreds and cut again and
1 oz. **Parsley** cut and minced.. Toss these together and serve with
2 oz. **Honeyole dressing**. (See Dressings).

BIRD'S NEST SALAD

2 oz. **Lettuce,** Endive or Cabbage cut into fine shreds or 1 oz. Curled—,Upland—or Water Cress, nasturtium or Parsley chopped and mixed with
1 oz. **Cocoanut** grated, Peanuts, Pignolias or Almonds flaked. Put this in a dish, form a nest and fill it with
1 oz. (2 or 3) **Radishes** or rounded Carrots.

KOHL-RABI SALAD

1½ oz. **Kohl-rabi** diced or chopped,
½ oz. **Onion Tops,** Oxalis or one ounce Lettuce minced and
1 oz. **Cocoanut grated**, Peanuts or Pignolias flaked or other nutmeats chopped. Toss these into one another and serve
With the chopped nuts
½ oz. **Olive Oil** (spoonful) or Honey (teaspoonful) may be used.

RADISH AND BEAN SALAD

1 oz. **Radishes**, Kohl-rabi or Carrot diced.
1 oz. **String-beans** sliced as thin as possible and
1 oz. **Peanuts,** Pignolias or Almonds flaked or Cocoanut grated. Toss these together and serve.

GREEN PEAS IN NUT CREAM

1½ oz. **Tender Peas**, whole
½ oz. **Savory herbs**, minced
1 oz. **Peanuts** (or other nuts) flaked and
2 oz. **Rhubarb juice**, extracted by grating the fresh stems cut in 2 in. lengths. Mix and beat these to the proper consistency and serve with an aluminum teaspoon.

SELECTED SWEET SALAD

1 oz. **Lettuce** cut into fine shreds,
1 oz. **Bean-pods**, (green or wax) sliced no thicker than a knife blade,
½ oz. **Onion tops** cut like the pods.
½ oz. **Honey** (teaspoonful), mix all well together and serve.

SPINACH SALAD

1 oz. **Spinach** cut into shreds and chopped and
½ oz. **Onion** chipped, Chives, Onion tops, or Leek chopped or Parsley or Celery minced and
1 oz. **Peanuts** or Pignolias flaked or Cocoanut grated. Mix these and serve—or, for a delightful variation, drip over it.
2 oz. **Rhubarb juice** or Cocoanut milk or a mixture of both (4 spoonful).

JULY SALAD

1 oz. **Young Sweet Corn** sliced, off the cob,
1 oz. **Lettuce**, Endive, nasturtium leaves, Sorrel or Cabbage cut into shreds and chopped and
1 oz. **Peanuts** or Mixed Nuts chopped. Mix into these
½ oz. **Olive Oil** (spoonful) or Honey (teaspoonful) and chip over it
2 oz. **Tomatoes**.

JULY SALAD

1 oz. **Lettuce**, Endive, Nasturtium Leaves, Chicory leaves or Sorrel cut into shreds and chopped crosswise,
1 oz. **Cucumber** or Summer Squash chipped,
1 oz. **Tomato** or Pineapple chipped,
½ oz. **Parsley**, Celery or other savory herbs minced,
1 oz. **Peanuts** or Pignolias flaked or other nuts chopped and
½ oz. **Olive Oil** (spoonful) or Honey (teaspoonful). Mix all together and serve.

GREEN SALAD DRESSED WITH BANANA PULP

Whittle and chop.
3 oz. **Lettuce**, Endive, Corn salad, Mallow (cheeses), Dandelion or Chicory, and mix it with
1 oz. **Cocoanut** grated or other nuts chopped and
2 oz. **Banana pulp** macerated and beaten to a creamy consistency. Garnish with
1 oz. **Banana slices** or Tomato chips and serve.

RADISH SALAD

1 oz. **Radishes** cubed or chopped to size of corn,
½ oz. **Cabbage**, Celery or Oxalis minced and
1 oz. **Peanuts** or Pignolias flaked. Toss together and serve on lettuce or endive.

SELECTED SALAD

1 oz. **Young Sweet Corn** sliced off the cob with a sharp knife,
1 oz. **Crisp Cabbage**, Lettuce, Upland, Cress or Sorrel cut into shreds and chopped and
¼ oz. **Onion**, Parsley or other savory herbs minced and
1 oz. **Cocoanut** grated, Peanuts flaked or mixed nuts chopped. Mix these, garnish and serve or at your option chip over it
1 or 2 oz. **Tomato** or cucumber, or drip over it
1 oz. **Cocoanut milk**.

NASTURTIUM FLOWER SALAD

1½ oz. **Nasturtium Flowers** cut into shreds with their pedicels, and

1 oz. **Cocoanut** grated, or Peanuts or Pignolias flaked. Toss these together and serve garnished with a few whole flowers.

This is a delicious relish.

1 oz. **Cocoanut Milk** may be poured over the salad to advantage. Lettuce cut equally fine may be added to supply the scarcity of the flowers.

PINEAPPLE AND TOMATO SALAD

2½ oz. **Pineapple**, sliced and

2½ oz. **Tomatoes**, Sliced. Toss the slices just enough to mingle them and drip over them

½ oz. **Honey** (teaspoonful). Serve with a fruit-fork.

STUFFED CANTALOUPE

Fill the natural cavity of a

5 oz. **Half Cantaloupe** with the following mixture

½ oz. **Parsley**, Celery or Oxalis, minced and

1 oz. **Pignolias** or Peanuts flaked.

SIMPLE SALAD

2 oz. **Young Sweet Corn** or White Corn, sliced off the cob, Wax or green Bean pods sliced or chopped, or broad leaved or curled Endive cut into shreds and chopped, mixed with

1 oz. **Cocoanut** grated, Peanuts or Pignolias flaked or any nutmeats chopped. With the chopped nuts may be added

½ oz. **Olive Oil** (spoonful) or Honey (teaspoonful). Do not let it stand long with honey or oil as it hardens the salad.

PINEAPPLE AND CELERY SALAD

1½ oz. **Ripe Pineapple** shredded
1½ oz. **Blanched Celery**, chopped.
1 oz. **Walnut meats** chopped and
½ oz. **Honey** (teaspoonful). Mix the honey into the salad and serve.

SPINACH-BEET SALAD

½ oz. **Spinach-beet leaves** cut into shreds and chopped,
¼ oz. **Savory herbs** minced or Onion chopped and
½ oz. **Peanuts** chopped. Mix these well with
¼ oz. **Olive Oil** (teaspoonful) and serve. At another dinner when serving the same dish add and mix into it
½ oz. **Honey** (teaspoonful).

TOMATO CREAM SALAD

2 oz. **Tomato**, chipped
2 oz. **Radishes**, Kohl-rabi, Carrot or Eggplant, cut into small dice or Sweet Corn sliced off the cob.
½ oz. **Parsley** or Celery minced and
1 oz. **Peanuts** or Pignolias flaked. Beat these together till somewhat creamy and serve.

YOUNG PEA SALAD

2 oz. **Young Peas** or Young Lima Beans chopped,
1 oz. **Pignolias** or Peanuts flaked very fine and
1 oz. **Rhubarb juice**. Mix and beat till creamy then add
½ oz. **Olive Oil** (spoonful) or Honey (teaspoonful). Mix again and serve.

YOUNG PEA SALAD

1½ oz. **Young Peas**,
½ oz. **Oxalis leaves and leaf stems** cut very fine or other savory herbs minced and
½ oz. **Honey** (teaspoonful). Mix these and then add
¼ oz. **Olive Oil** (teaspoonful). Mix again and serve.

MOCK SAUERKRAUT

3 oz. **Crisp Cabbage** shredded and chopped
½ Teaspoon **Caraway seed** ground.
2 oz. **Rhubarb juice**, extracted by grating the fresh stems cut in 2 inch lengths,
½ oz. **Honey** (teaspoonful). Mix the liquid well into the slaw and serve with an aluminum teaspoon.

BUTTERED VEGETABLES

2 to 3 oz. **Kohl-rabi**, Carrot, Egg Plant, Turnip, Parsnip, Squash, Pumpkin, Sweet Potato or Potato cut into neat slices and spread with an equal thickness and weight of, your favorite.

Butter or Cheese as given under that heading. Cranberry or Savory butter combines well with all.

GRATED CARROT SALAD

1½ oz. **Carrot** grated and
1 oz. **Cocoanut** grated, Pignolias or Peanuts flaked, mixed well is a palatable dish.

SELECTED VEGE-FRUIT SALAD

1 oz. **Pineapple** sliced or chipped,
1 oz. **Tomato** sliced or chipped,
1 oz. **Cucumber** sliced or chipped and
1 oz. **Celery stalks** sliced as thin as possible. Serve with any
2 oz. **Dressing** for vegetables. See under dressings.

VEGETABLE PUDDING

1 oz. **Kohl-rabi** or Young Carrots grated,
1 oz. **Celery stalks**, green or blanched,
1 oz. **Pignolias** or other nut meats chopped and
½ oz. **Honey** (teaspoonful.) Mix these well and serve immediately. This tastes like apple salad.

MOCK ASPARAGUS SALAD

1 oz. **Swiss Chard** leaf stems, cut crosswise into very thin slices,
½ oz. **Onion** sliced or cubed,
1 oz. **Peanuts** or other nuts chopped and
½ oz. **Olive Oil** (spoonful). Mix the oil well into the salad and serve. For variety add
½ oz. **Honey** (teaspoonful).

CELERY SALAD

2 oz. **Green Celery leaves and stalks** chopped and
1 oz. **Peanuts** or Pignolias flaked. Mix these and serve or, if on hand, drip over it
2 oz. **Rhubarb juice**.

WATERMELON

Serve a
2 lb. **Watermelon** section in a plate with a knife and fork.

SUPAWN

Slit or score the rows of a young Sweet Corn or White Corn ear with a sharp knife and press the pulp out by drawing the back of a knife over the rows or grate the ear on a coarse grater.

2 oz. **Green Corn Pulp**,
1 oz. **Peanuts**, Pignolias or Almonds flaked, soft nut meats chopped or Cocoanut grated and
½ oz. **Parsley** or Celery minced. Mix and stir these into a pudding and serve.

SYLVAN SALAD

(Oleri Silvestris)

Combine
2 or 3 oz. **Wild herbs** chopped, according to their flavor, with
1 oz. **Nuts**, chopped or flaked, or dress them with oil, honey or herbal fruits and serve.

PINEAPPLE AND TOMATO SALAD

2 oz. **Pineapple** sliced or chipped and
2 oz. **Tomato** sliced or chipped, served with
2 oz. **Dressing** for either fruits or vegetables.

WATER LILY SALAD

Combine
4 **Water lilies**, chopped,
1 oz. **Hollyhock and other flowers** with
1 oz. **Cocoanut** grated or pignolias flaked or chopped and serve.

AUGUST SALAD

½ oz. **Nasturtium Flowers** cut into shreds,
½ oz. **Nasturtium Leaves** cut into shreds and minced and
½ oz. **Pignolias** or Peanuts flaked. Toss these together and chip over it
2 oz. **Tomato**.

POTATO AND TOMATO SALAD

1 oz. **Potatoes** sliced and chopped or diced,
1 oz. **Peanuts** or other nuts chopped,
¼ oz. **Parsley** or Celery leaves minced
2 oz. **Tomatoes** chipped and
½ oz. **Honey** (teaspoonful) or Olive Oil (spoonful). Mingle these well and serve.

TOMATO AND CUCUMBER SANDWICHED SALAD

3 oz. **Cucumber**, peeled and sliced,
3 oz. **Tomato** sliced and
1 oz. **Nutmeats** flaked. Put a layer of flaked nut on each slice of cucumber and cover them with a slice of tomato. Arrange the sandwiches artistically on lettuce, endive or parsley and serve.

STUFFED TOMATO

Cut a

6 or 8 oz. **Tomato** in two then cut out part of the central pith and reserve it for caping. Now scrape out the partition walls, seeds and juice and mix this with

1 oz. **Peanuts** or Pignolias flaked and

½ oz. **Celery** or Parsley minced. Refill the halves with this mixture, cover with the piths reversed and serve.

MOCK SAUERKRAUT

1½ oz. **Crisp Cabbage**, sliced,

½ oz. **Onion**. sliced. Put these in a chopping bowl and chop fine, then add

1 oz. **Cocoanut**, grated,

½ Teaspoon **Caraway seed**, and

2 oz. **Rhubarb juice**, extracted by grating the fresh stems cut in 2 in. lengths. Mix the juice well into the slaw and let it stand 15 minutes or so. Then mix again and serve or add

½ oz. **Honey** (teaspoonful) just before serving if desired.

PEA AND TOMATO SALAD

1 oz. **Fresh Young Peas** and

1 oz. **Sweet Nutmeats** chopped together. Add to this

½ oz. **Parsley** or other savory herbs minced and

2 oz. **Tomato** chipped. Toss these into one another and serve.

For a change you may add

½ oz. **Olive Oil** (spoonful) or Honey (teaspoonful).

CUCUMBER AND FLOWER SALAD

½ oz. **Nasturtium** or Hyacinth Bean Flowers chopped and

1 oz. **Cocoanut** grated. Toss these together and chip over it.

3 oz. **Cucumber**. Mix it a little and serve.

BEET RELISH

1 oz. **Beet**,
½ oz. **Onion**, both sliced very thin, not thicker than the blade of a knife,
½ Teaspoon **Caraway seed**, mix and pour over this
2 oz. **Rhubarb juice**, extracted by grating the fresh stems cut in 2 inch lengths, let it soak over night or 8 hours in a cool place and just before serving add
½ oz. **Honey** (teaspoonful) stir until the honey is dissolved and serve.

POTATO CREAM SALAD

2 oz. **Potato**, peeled, sliced, chopped,
1 oz. **Peanuts** or Pignolias flaked,
¼ oz. **Savory herbs** minced or ½ oz. Onion chipped,
2 oz. **Rhubarb juice**. Mix and stir until the nut becomes quite creamy and serve.
½ oz. **Honey** (teaspoonful) may be added to suit the taste.

YOUNG PEA AND TOMATO SALAD

1 oz. **Young Peas** whole or chopped,
2 oz. **Tomato** chipped and
1 oz. **Pignolias** or Peanuts flaked. Mix and stir it lightly to a creamy consistency so as not to mash the tomato chips.
½ oz. **Parsley** or Celery minced may be added to vary the flavor.

SWEET CORN SALAD

2½ oz. **Green Sweet Corn** sliced off the cob with a sharp knife and the remaining pulp scraped out with the back of the knife and
1 oz. **Pignolias** or Peanuts flaked, Cocoanuts grated or other nuts chopped. Mix these and serve on an endive or lettuce leaf.

CUCUMBER SALAD

2½ oz. **Cucumber** chipped or cubed
½ oz. **Onion**, Onion tops, Celery or Parsley minced and
1 oz. **Cocoanut** grated or Pignolias flaked. Toss these together and serve.

This is a wholesome and remedial relish.

PIGNOLIA POTATO SALAD

2 oz. **Potatoes**, peeled, sliced and chopped
1 oz. **Pignolias** flaked, mix and spread on a lettuce leaf then sprinkle over it
1 oz. **Rhubarb juice** and serve.

This dish will relieve and cure Kidney troubles when all cooked starches are avoided.

SANDWICHED TOMATO

Cut into 6 slices a
6 oz. **Tomato**. Then mix
½ oz. **Pignolias** or Peanuts flaked with
¼ oz. **Parsley**, Celery or other Savory herbs minced. Spread the mixture over three slices and cover them with the remaining three slices. Lay the sandwiches artistically on Parsley or lettuce and serve.

VARIETY SALAD

½ oz. **Bean-pods** or Young Peas,
½ oz. **Potato**
½ oz. **Carrot** or Beet,
½ oz. **Onion** or Celery all chopped to the size of corn and
1 oz. **Pignolias** or Peanuts flaked or other Nutmeats chopped. Toss all together and serve—

With the chopped nuts
½ oz. **Olive Oil** (spoonful) may be added.

SWEET CORN AND TOMATO SALAD

1 oz. **Green Sweet Corn** sliced off the cob with a sharp knife,
1 oz. **Peanuts**, Pignolias or other nuts chopped and
2 or 3 oz. **Tomato** chipped. Toss these into one another, garnish and serve.

TOMATO AND CUCUMBERSALAD

2 oz. **Tomato** sliced or chipped and
2 oz. **Cucumber** sliced or chipped, served with a
2 oz. **Dressing** for vegetables.

Pineapple and Cucumber Salad—may be served like the above.

SWEET CORN SALAD

2½ oz. **Young Sweet Corn** sliced off the cob and the yellow embryos scraped out with the back of the knife,
1 oz. **Cocoanut** grated, Pignolias or Peanuts flaked or chopped. Mix these well and garnish with an esculent flower.

SELECTED SALAD

1 oz. **Cauliflower**, Kohl-rabi or White Turnips chopped,
1 oz. **Sweet Corn** sliced of the cob,
½ oz. **Celery**, Parsley, Upland Cress, Nasturtium leaves, Broad-leaved Sorrel or Oxalis minced and
1 oz. **Peanuts** or mixed nuts chopped. Mix into these
½ oz. **Honey** (teaspoonful) and
½ oz. **Olive Oil** (spoonful).

PIMPINELLA SALAD

1 oz. **Pimpinella leaves** minced,
1 oz. **Peanuts** or Pignolias flaked and
2 oz. **Tomato** chipped. Mix and rub these to a pudding and serve or stuff into
1 or 2 **Sweet Peppers.**

NASTURTIUM FLOWER AND SWEET CORN SALAD

1½ oz. **Young Sweet Corn** sliced off the cob,
½ oz. **Nasturtium Flowers** cut into shreds and
1 oz. **Cocoanut** grated, Pignolias or Peanuts flaked. Toss these into one another and serve. The yellow pips at the base of the corn are most nutritious. Scrape these out with the back of the knife. Use pedicels of the nasturtium flowers also.

CAULIFLOWER GARDEN SALAD

Make a bed of
½ oz. **Endive**, Chicory, Parsley or Celery cut into shreds and chopped
½ oz. **Upland Cress**, Water Cress or Nasturtium leaves minced and
1 oz. **Peanuts** or other nuts chopped. Mix these with
½ oz. **Olive Oil** (spoonful) or Honey (teaspoonful) (or both) and plant into this artistically
1 oz. **Tender Cauliflower Tips**.

GREEN TOMATO AND CRESS SALAD

2 oz. **Green Tomato** chipped,
1 oz. **Upland or Water Cress** or Nasturtium Leaves cut into shreds and minced and
1 oz. **Peanuts** or Pignolias flaked or chopped. Toss these together and serve or when the nuts are chopped
½ oz. **Olive Oil** (spoonful) or Honey (teaspoonful) may be added.

POTATO AND CARROT SALAD

1 oz. **Potato** chopped,
1 oz. **Carrot** grated,
¼ oz. **Parsley** or Celery minced and
1 oz. **Peanuts**, Pignolias or Almond flaked. Mix these loosely and serve.

TONIC SALAD

Run through the food mill

1 oz. **Tender Beet** or Turnip,
1 oz. **Crisp Cabbage** or Kohl-rabi and
1 oz. **Young Carrot**, Celery Root, Parsnip or Salisfy. Stir together with
1 oz. **Peanuts**, Pignolias flaked or other nuts chopped and serve. When chopped nuts are used add
½ oz. **Olive Oil** (spoonful) or Honey (teaspoonful) if you desire.

SQUASH SALAD

3 oz. **Summer Squash** or Vegetable Marrow cut into dice and
1 oz. **Pignolias**, Almonds or Peanuts flaked. Mix these and serve or impprove it by dripping over it
2 oz. **Rhubarb juice** (4 spoonfuls).

TOMATO SUPAWN

2 oz. **Tomato** chipped
½ oz. **Carrot** or Sweet Potato grated
½ oz. **Black Walnuts** or other nut meats chopped
½ oz. **Parsley** minced and
1 oz. **Young Sweet Corn** sliced off the cob or Young Peas chopped. Stir these to a pudding and serve.

ICE-PLANT SALAD

(of Mesembrianthemum)

Mix

3 or 4 oz. **Ice-plant**, chopped with
1 oz. **Peanuts** or Pignolias flaked and rub or macerate enough to moisten the nuts, and then add
½ oz. **Honey** (teaspoonful).

SEPTEMBER SALAD

½ oz. **Cabbage** cut into shreds and chopped or Celery stalks diced,
½ oz. **Carrots** or Potatoes diced, or Young Lima beans chopped,
1 oz. **Peanuts** or other nuts chopped,
2 oz. **Tomatoes** or Husk Tomatoes chipped and
½ oz. **Honey** (teaspoonful) or Olive Oil (spoonful) or both. Mingle all well and serve.

SEPTEMBER SALAD

½ oz. **Nasturtium Leaves** or Upland Cress cut into shreds and minced,
½ oz. **Oxalis leaves and leaf stalks** or Parsley minced,
1 oz. **Young Sweet Corn** or White Corn sliced off the cob and
1 oz. **Cocoanut** grated, Pignolias or Peanuts flaked. Mix these well and serve or at your option drip over it
1 oz. **Cocoanut Milk** (2 spoonful) and cover it with
2 oz. **Tomato Chips**.

SEPTEMBER SALAD

1 oz. **Endive**, Chicory or broad leaved dandelion cut into shreds and chopped crosswise,
½ oz. **Oxalis**, Celery, Broad Leaved Sorrel, Parsley, Upland Cress or Nasturtium leaves minced and
1 oz. **Peanuts** or Pignolias flaked. Toss these together and garnish with Nasturtium Flowers.

CHICORY SALAD

1½ oz. **Chicory leaves** or Endive cut into shreds and chopped and
1 oz. **Peanuts** or Pignolias flaked. These tossed together make a palatable salad if the dandelion flavor is relished.

SEPTEMBER SALAD

½ oz. **Broad Leaved Sorrel** or Oxalis cut into shreds and minced,
½ oz. **Celery**, Parsley or Endive with a sprig of Thyme or Savory minced,
1 oz. **Young Lima Beans** chopped or Eggplant diced,
1 oz. **Pignolias**, Peanuts or other nut meats chopped and
½ oz. **Honey** (teaspoonful) or Olive Oil (spoonful) or both. Mix the oil or honey well into the salad and serve.

GREEN TOMATO AND POTATO SALAD

1½ oz. **Potato** or Sweet Potato diced or chopped,
1 oz. **Green Tomato** or Sweet Pepper chipped,
½ oz. **Celery** or Parsley minced and
1 oz. **Peanuts** or other nut meats chopped. Mix all together and serve. If it must be improved add
½ oz. **Olive Oil** (spoonful) or Honey (teaspoonful). This is a relish till frost.

SELECTED SALAD

½ oz. **Carrot**, chopped and
½ oz. **Turnip** or Kohl-rabi chopped to the size of corn. Mix these with
1 oz. **Pignolias** or Peanuts flaked or chopped and spread over this
1 oz. **Green Sweet Corn** sliced off the cob with a sharp knife and serve. With the chopped nuts
½ oz. **Olive Oil** may be added.

LIMA BEAN AND PUMPKIN SALAD

1 oz. **Young Lima Beans** chopped
1 oz. **Squash** or Pumpkin chopped or cubed
½ oz. **Onion**, Parsley or Sweet Pepper chopped and
1 oz. **Peanuts** or Pignolias flaked. Toss these together and serve.

SELECTED SALAD

1 oz. **Egg-plant** chipped or chopped,
½ oz. **Onion**, Celery or Sweet Pepper chopped and
1 oz. **Nut Meats** chopped. Mix these with
½ oz. **Honey** (teaspoonful) or Olive Oil (spoonful). Cover this with
1 oz. **Cucumber** slices and cover these with
1 oz. **Tomato** slices and serve. This may be improved by sprinkling a teaspoonful of flaked Pignolias on the cucumbers before covering with the tomatoes.

VEGE-FRUIT SALAD

Cut small Cantaloupes or Muskmelons in halves, scrape out the pulp leaving the rind whole and refill with the following mixture.

2 oz. **Muskmelon** or Cantaloupe pulp,
1 oz. **Tomato** minced and
1 oz. **Nut Meats** flaked. Serve with a teaspoon.

SALAD WITH HONEY

1½ oz. **Endive** or Chicory cut into shreds and chopped crosswise,
½ oz. **Oxalis**, Parsley or Broad Leaved Sorrel minced and
1 oz. **Peanuts** or any other nut chopped. Toss these together and mix into it
½ oz. **Honey** (teaspoonful) and
½ oz. **Olive Oil** (spoonful). Toss again, garnish and serve.

SELECTED SALAD

1 oz. **Upland Cress** or Nasturtium Leaves cut into shreds chopped and
½ oz. **Peanuts** flaked or Cocoanut grated. Toss these together and chip over it
2 oz. **Cucumber** and
1 oz. **Tomato**.

PARSLEY AND TOMATO SALAD

1 oz. **Parsley** chopped fine and
½ oz. **Peanuts** or Pignolias flaked. Toss these together and chip over it
3 oz. **Tomatoes**. Garnish with an esculent flower and serve.

CELERY AND HUSK TOMATO SALAD

1 oz. **Celery stems and leaves** chopped and
½ oz. **Pignolias** flaked. Toss these together and cover with
2 oz. **Husk Tomatoes** halved and serve.

SELECTED SALAD

1 oz. **Endive** cut into shreds and chopped crosswise,
1 oz. **Cabbage** shredded and chopped and
½ oz. **Peanuts** flaked. Mix these and chip over it
2 oz. **Cucumber** and add
½ oz. **Honey** (teaspoonful). Now toss it all to mix and serve.

OXALIS SALAD

1½ oz. **Oxalis leaves and leaf stems** cut very fine and
1 oz. **Peanuts** or other nuts chopped. Toss these together and mix into it
½ oz. **Honey** (teaspoonful). Then drip over it
½ oz. **Olive Oil** (spoonful), toss, garnish and serve.

LIMA BEAN SALAD

½ oz. **Green Lima Beans**,
½ oz. **Carrot**, sliced and
1 oz. **Squash** or Pumpkin sliced. Put all together into a chopping bowl and chop quite fine; then add
1 oz. **Peanuts** (or other nuts) flaked. Toss the nut into the slaw and serve.

The above may also be served as a cream salad by adding

2 oz. **Rhubarb juice**,
½ oz. **Honey** (teaspoonful) and beat to the proper consistency.

NUT CREAM SLAW

1 oz. **Potato**, peeled, sliced,
1 oz. **Cabbage**, shredded,
½ oz. **Onion**, sliced. Put all these in a chopping bowl and chop till fine, then add
1 oz. **Peanuts** or other nuts flaked.
½ Teaspoonful **caraway seed** and
2 oz. **Rhubarb juice** or cucumber juice, produced by grating either. Mix and beat all together to a creamy consistency and serve.

Any two vegetables on hand may be used to make this slaw.

ONION SALAD

1 oz. **Onion** chipped very small or chopped,
2 oz. **Geen or Ripe Tomato** chipped or Potato grated or 1 ounce Oxalis or Sorrel minced and
1 oz. **Peanuts** or Pignolias flaked. Mix or rub these together and then add and mix it, if desired,
½ oz. **Olive Oil** (spoonful).

This salad is relished by those with a cold stomach and when eaten by them in response to natural craving will leave no onion odor in the breath.

STUFFED SWEET PEPPERS

1½ oz. **Sweet Potato** grated,
½ oz. **Celery**, Parsley, Oxalis or Sorrel minced or Cranberries chopped and
1 oz. **Pignolias** or Peanuts flaked. Mix these well and stuff it into a large
2½ oz. **Sweet Pepper** or two small ones after the seed core is cut out. Replace the core end and serve.

If the stuffed pod is narrow and long it can be sliced and the slices may then be neatly arranged.

SELECTED SALAD

½ oz. **Sorrel leaves and stalks** cut into shreds and chopped
½ oz. **Chicory** or Endive cut into shreds and chopped,
½ oz. **Parsley** minced and
1 oz. **Peanuts** or Pignolias flaked. Mix these well and serve.

LIMA BEAN PUDDING

1 oz. **Young Lima Beans** chopped or flaked
1 oz. **Celeriac**, Parsley Root, Parsnip, Carrot or Squash grated,
1 oz. **Peanuts** flaked,
1 oz. **Cranberries** chopped and macerated or Rhubarb juice and, at option,
½ oz. **Honey** (teaspoonful) or Olive Oil (spoonful). Beat all together and serve.

OCTOBER SALAD

1 oz. or 1½ oz. **Sweet Potato**, Carrot or Parsnip grated or chopped quite fine,
2 oz. **Green or Ripe Tomato**, Sweet Salad Pepper or Young Cucumber chipped,
½ oz. **Parsley** or Celery minced and
1 oz. **Peanuts** or Pignolias flaked or these or other nuts chopped. Mix these well together and serve.

OCTOBER SALAD

1 oz. **Tomato**, Husk Tomato chipped or Garden Huckleberry,
1 oz. **Cucumber** chipped or Young White Corn sliced off the cob,
1 oz. **Egg-plant** chipped or Carrot grated,
½ oz. **Sweet Pepper** chipped, Cabbage, Celery stalks, Parsley, Oxalis or Sorrel minced and
1 oz. **Pignolias** or Peanuts flaked. Mix the nut well into the salad and serve.

OCTOBER SALAD

½ **Cabbage** cut into shreds and chopped,
½ oz. **Potato** chopped
½ oz. **Celery**, Parsley, Onion, Oxalis or Sorrel minced
2 oz. **Tomato** chipped and
1 oz. **Nut Meats** chopped
½ oz. **Honey** (teaspoonful) or Olive Oil (spoonful). Mix well and serve.

FALL SALAD

This salad comes in handy when the lettuce season is over.

1 oz. **Carrot**, Parsnip or Parsley Root grated,
1 oz. **Peanuts** flaked and
1 oz. **Endive** (smooth or curled), Scorzonera leaves, Parsley, Celery (leaves and stalks), Chicory leaves, Dandelion, Nasturtium leaves or Upland Cress cut into shreds and minced. Mix the three and drip over it
½ oz. **Olive Oil** (spoonful), mix again, garnish and serve.

ARTICHOKE AND SWEET PEPPER SALAD

1½ oz. **Archichokes** diced or chopped,
1 oz. **Sweet Salad Pepper** or Tomato chipped,
1 oz. **Peanuts** or Pignolias flaked or other nut meats chopped and if on hand
¼ oz. **Parsley**, Leek or Celery minced. Toss these together and serve.

GREEN TOMATO SALAD

3 oz. **Green Tomato** chipped,
½ oz. **Parsley** or Celery minced and
1 oz. **Peanuts** or Pignolias flaked or other nuts chopped. To the chopped nuts
½ oz. **Olive Oil** (spoonful) or Honey (teaspoonful) may be added. Mix all together and serve. Green tomatoes have a delicious acid flavor.

OCTOBER TOMATO SALAD

4 oz. **Tomato** chipped
½ oz. **Celery**, Parsley, Sweet Pepper, Oxalis or Sorrel minced and
1 oz. **Peanuts** or Pignolias flaked or chopped. Mix well and serve.

TOMATO AND MADAPPLE SALAD

2 oz. **Tomato** chipped
1½ oz. **Egg-plant** chipped or cubed and
1 oz. **Peanuts** or Pignolias flaked. Mix and serve.

CARROT AND PEPPER SALAD

1 oz. **Carrot** chopped or cubed,
1 oz. **Sweet Pepper** chipped,
½ oz. **Celery** or Parsley root grated or Radishes cubed and
1 oz. **Peanuts** or Pignolias flaked. Mix well and serve.

TOMATO AND PEPPER SALAD

3 oz. **Tomato** chipped
1½ oz. **Sweet Pepper** chipped and
1 oz. **Peanuts** flaked. Toss together and serve.

VEGETABLE FRUIT SALAD

2 oz. **Tomato** chipped,
1 oz. **Sweet Pepper** chipped,
1 oz. **Egg-plant** cubed or chipped
1 oz. **Peanuts** or Pignolias flaked. Beat together and serve.

MADAPPLE AND CELERIAC SALAD

2 oz. **Egg-plant** chipped or cubed,
1 oz. **Celery or Parsley root** grated and
1 oz. **Peanuts** or Pignolias flaked. Mix these well and serve. When the nuts are chopped
½ oz. **Olive Oil** or Honey may be added.

GUMBO SALAD

½ oz. **Gumbo** pods chipped or chopped
½ oz. **Parsley** or Celery minced and
1 oz. **Pignolias** flaked. Mix these thoroughly and chip over it a layer of
2 oz. **Tomato** and serve.

This salad helps the intestines carry off fecal and other poisons. It tones the excretory glands and liver and is advised in cases of inflamed mucous surfaces.

KALE SALAD

1 oz. **Curled Kale** or Chinese Cabbage chopped and
1 oz. **Peanuts**, Pignolias or Almonds flaked. Mix these and serve.

Learn to like this salad for the sake of your blood.

PARSLEY AND OXALIS SALAD

½ oz. **Parsley** or Celery minced,
½ oz. **Oxalis** or Sorrel minced and
1 oz. **Pignolias** or Peanuts flaked. Mix these evenly and chip over it to cover
2 oz. **Banana** and serve.

SWEET POTATO SALAD

2 oz. **Sweet Potato** grated and
1 oz. **Pignolias** or Peanuts flaked or other nuts chopped. Toss these together and chip over it neatly
2 oz. **Sweet Peppers** or Cucumber.

EURICA SALAD

2 oz. **Potato** grated,
1 oz. **Oxalis** or Broad-leafed Sorrel shredded and chopped
1 oz. **Peanuts** or Pignolias flaked and
½ oz. **Honey** (teaspoonful). Mix the potato and nut first and add the honey last.

REDEMPTION SALAD

2 oz. **Potato** grated,
1 oz. **Celery**, Parsley or Cabbage minced, Sweet Pepper, Onion or Tomato chipped, Radish or Carrot cubed,
1 oz. **Almonds** or Pignolias flaked, and if desired,
½ oz. **Olive Oil** (spoonful). Beat the nut well into the potato and add the oil last.

This Salad, without the oil, will tone the stomach and liver and cure stomach and intestinal troubles if cooked starches are avoided. It can not ferment or constipate.

SELECTED SALAD

1 oz. **Egg-plant** chipped,
1 oz. **Sweet Pepper** chipped or Celery chopped or minced,
1 oz. **Young Lima Beans** chopped,
½ oz. **Olive Oil** (spoonful) and
½ oz. **Honey** (teaspoonful). Mix the dressing well into the salad and serve.

LIMA BEAN SALAD

1 oz. **Young Lima Beans** chopped,
½ oz. **Pignolias** or other nut meats chopped,
½ oz. **Sweet Pepper** chipped, Parsley or Celery minced,
2 oz. **Tomato** chipped and
½ oz. **Olive Oil** (spoonful). Mix the oil well into the salad and serve.

CHICORY SALAD

1½ oz. **Chicory leaves** or Dandelion cut into shreds and chopped crosswise and
1 oz. **Peanuts** or Pignolias flaked or Cocoanut grated. Toss these together and serve; or drip over it
1 oz. **Rhubarb juice** or Cocoanut milk (2 spoonfuls).

A MODEL WINTER SALAD

1 oz. **Grated Carrot**, Sweet Potato, Parsnip, Turnip or Hard Squash,

1½ oz. **Chopped Cabbage** or Endive, diced Pumpkin, Artichokes, Irish Potato or some other crisp vegetable,

½ oz. **Chopped Celery**, chipped Onion, minced Parsley or Leek, diced Rampion or grated Celeriac or Parsley root and

1 oz. **Grated Cocoanut**, flaked Pignolias, Peanuts or Almonds or chopped nut meats mixed. Toss these together to mix loosely and serve. When the chopped nuts are used dress the salad with

½ oz. **Olive Oil** (spoonful) or Honey (teaspoonful). 1-16 oz. Caraway seed ground (½ teasponful) with cabbage and ⅛ oz. grated horseradish (½ teaspoonful) with pumpkin blend well.

ALL WINTER SALAD

2 oz. **Sweet Potato** or Parsnip grated,

½ oz. **Cabbage** cut into shreds and chopped or Carrot sliced and chopped,

½ oz. **Onion** chipped or Celery chopped and

1 oz. **Peanuts** or Pignolias flaked. Stir these well together and then add

½ oz. **Olive Oil** (spoonful) and serve.

WINTER SALAD

½ oz. **Carrot** or Parsnip grated,

1 oz. **Pumpkin**, Squash, Potato or Turnip diced or chopped,

½ oz. **Onion** chipped,

½ oz. **Celery stalks** cut very thin and

1 oz. **Pignolias** or Peanuts flaked and four Black Walnuts adds to the flavor. Mix the nuts well into the salad and serve.

CABBAGE AND BANANA SALAD

2 oz. **Cabbage** cut into shreds and chopped,
1 oz. **Celery stalks** chopped and
2 oz. **Banana** chipped. Stir these until the banana becomes nearly fluid and serve.

WINTER SALAD

1 oz. **Carrot**, grated,
1 oz. **Celery stalks** chopped and
⅛ oz. **Horseradish** grated. Mix these with
1 oz. **Nut Meats** chopped and
½ oz. **Olive Oil** (spoonful).

CAULIFLOWER AND CHICK PEA SALAD

1 oz. **Cauliflower tops** or Cabbage chopped
1 oz. **Chick Peas** or Green Peas soaked till soft and chopped
¼ oz. **Celery** or Parsley minced (if on hand)
½ oz. **Honey** (teaspoonful) or Olive Oil (spoonful). (¼ oz. Oil added to the honey may please some palates exceedingly.) Mix the honey or oil well into the salad and serve.

POTATO SALAD

(Dressed with Honey)

2 oz. **Potato**, peeled, sliced and chopped
1 oz. **Peanuts** or other nut meats chopped and
½ oz. **Honey** (teaspoonful. Mix these and sprinkle with minced Parsley or grated Horseradish.

POTATO KRAUT SALAD

1½ **Potato** chopped fine or cubed,
1 oz. **Cabbage** cut into shreds and chopped,
½ Teaspoon **Caraway seed** ground and
½ oz. **Honey** (teaspoonful). Mix all together and serve immediately. This is a relish and stomach tonic.

IRISH POTATO SALAD

2 oz. **Potatoes**, peeled, sliced and chopped
½ oz. **Leek** minced, Onion or Cabbage chopped and
1 oz. **Peanuts** or Pignolias flaked or Cocoanut grated. Toss these into one another and serve. When the above nuts or other nut meats are chopped
½ oz. **Honey** (teaspoonful) or Olive Oil (spoonful) may be used as dressing.

GRATED SALAD

Toss together lightly but thoroughly.
2 oz. **Sweet Potato**, Carrot, Yellow Turnip, Parsnip or Hard Squash grated and
1 oz. **Peanuts**, Pignolias flaked, Cocoanut grated or your favorite nuts chopped and serve.
½ oz. **Celeriac** or Parsley root grated or Onion chipped may be added to vary the flavor. When chopped nuts are used add
½ oz. **Olive Oil** (spoonful).

PEA AND CABBAGE SALAD

1 oz. **Soaked Green Peas** chopped
1½ oz. **Cabbage** cut into shreds and chopped and
1 oz. **Pignolias** flaked or other nut meats chopped. Mix these and serve. With chopped nuts
½ oz. **Honey** (teaspoonful) or Olive Oil (spoonful) may be added to advantage.

PEAS IN AMBUSH

1 oz. **Dried Green Peas** soaked,
½ oz. **Pignolias** whole or Almonds or other nuts chopped. Cover these with
½ oz. **Honey** (teaspoonful) and then cover the honey-coated peas and nuts with
½ oz. **Sweet corn** or Green Kern meal and serve.

LENTIL SALAD

1 oz. **Lentils**, soaked over night, rinsed and dried in a towel,
1 oz. **Pignolias** or other nuts chopped and
½ oz. **Honey** (teaspoonful). Mix the honey well into the lentils and nuts and serve.

LENTILS IN HONEY

1 oz. **Lentils**, soaked over night, rinsed, and dried in a towel and
½ oz. **Honey** (teaspoonful). Mix the honey into the lentils and serve immediately.

CHICK PEAS AND COCOANUT

1 oz. **Chick Peas** or Green Peas soaked till soft and chopped
1 oz. **Cocoanut** grated, Pignolias flaked or other nut meats chopped and
¼ oz. **Parsley**, Celery leaves, Leek or Onions minced. Toss all together and serve.
1 oz. **Cocoanut milk** (2 spoonfuls) dripped over the cocoanut mixture covers all the papilionacious flavor and renders it most delicious. With chopped nuts
½ oz. **Olive Oil** (spoonful) or Honey (teaspoonful) may be used.

VEGETABLE WURST

1 oz. **Sweet Potato**, Carrot or Parsnips grated,
1 oz. **Blood Beet** or Turnip chopped,
¼ oz. **Horseradish** grated,
1 oz. **Celery stalks**, Parsley, Leek or Onions minced,
½ Teaspoon **Caraway seed** ground (optional),
2 oz. **Peanuts** or Pignolias flaked and
1 oz. **Black Walnuts** or other nut meats chopped. Mix and rub all these together and form into rolls ½ inch thick and 2 inches long. Roll them into wax-paper and serve.

LIMA BEANS IN WINTER

Soak lima beans until soft and then slip them out of their coats. Chop

1 oz. **Blanched Beans** and mix them with

1 oz. **Cocoanut** grated or Pignolias or Almonds flaked. This dish is wholesome but still better when

1 oz. **Chopped Celery** or Cabbage is added.

VEGETABLE PUDDING

1 oz. **Beet**, Potato or Carrot grated,

1 oz. **Celery stalks** or Cabbage chopped ,

⅛ oz. **Horseradish** grated (teaspoonful) and

1 oz. **Peanuts**, Pignolias flaked or other nut meats chopped. Mix these to a pudding and if it must be improved add

½ oz. **Olive Oil** (spoonful) or Honey (teaspoonful).

CABBAGE SALAD

3 oz. **Cabbage** sliced into shreds and chopped,

½ Teaspoon **Caraway Seed** ground, and

½ oz. **Honey** (teaspoonful). Mix the honey into the slaw and serve.

SQUASH SALAD

2 oz. **Squash** or Pumpkin cut into small dice or chopped and

1 oz. **Walnuts**, Pecans, Brazil or other nuts chopped. Mix and serve dressed with

½ oz. **Honey** (teaspoonful).

½ oz. **Celeriac** grated or Leek, Parsley or Celery minced, added, improves the flavor.

MALLOW CRISPS

Serve

1 oz. **Mallow crisps** (dried hollyhock flowers) whole with

½ oz. **Pecan meats.**

SIMPLICITY FLOWER SALAD

Serve

2 oz. **Dandelion flowers** with their stems, Althea flowers, Hollyhock flowers, Nasturtium flowers, Marigold flowers or Stock flowers with

1 oz. **Mixed nut meats** whole.

A SIMPLICITY SALAD. CELERY, RADISHES AND PEANUTS.

SIMPLICITY LETTUCE AND NUTS

Pile neatly into a proper dish

4 oz. **Washed Lettuce** and set beside it a small dish with

1 oz. **Pignolias** or other shelled nuts. Mix the juices of both while chewing.

SIMPLICITY VEGETABLES AND NUTS

3 oz. **Curled Garden Cress** rinsed and dried in a towel, Young Dandelion leaves, Endive rinsed, Crisp Cabbage, Kohl-rabi peeled, Tender Cauliflower Tops or white or yellow Turnip peeled served neatly together with a small dish of

1 oz. **Peanuts**, pignolias, Black Walnuts, Pecans or Brazil nut meats. Chew one or more nuts with each bite of vegetable and surprise yourself with the delicious blend of flavors.

SIMPLICITY RADISH WITH NUTS

2 oz. **Radishes** (five small red radishes) laid on a lettuce leaf covered with

1 oz. **Whole Peanuts** or other shelled nuts and serve with a teaspoon. When the ensalivated nut juice is chewed into the radish juice the hottest radish will not bite.

SIMPLICITY ROOTS AND NUTS

A 2 or 3 oz. **Potato** peeled or Carrot or Sweet Potato scrubbed served with

1 oz. **Peanuts** or other Nutmeats. This is a palatable dish when the juices of the roots and nuts are blended in the saliva; especially to those whose tastes are unperverted.

This dish will tone the alimentary canal and cure stomach and intestinal fermentation if all cooked starches are avoided. The uncooked roots cannot ferment and the nuts absorb the stomach acids.

SIMPLICITY GREEN ONIONS AND NUTS

1 oz. **Green Onions** with nice tops average about 3. Serve these with

1 oz. **Peanuts** or other shelled nuts whole. Chewing the nuts together with the onions blends into a more relishable flavor than if salt or sugar were used.

SIMPLICITY SWEET CORN AND NUT BUTTER

Lay in one dish a neat looking, fully grown

4 or 5 oz. **Young Sweet Corn ear** and place beside it a butter chip with

1½ oz. **Savory Butter**, Horseradish Butter or Cranberry Butter.

SIMPLICITY LIMA BEANS

1½ oz. **Young Lima Beans** and
1 oz. **Pignolias** or other Nutmeats. Mix and serve. Chew each bean with a nut and you will learn to crave this dish.

SIMPLICITY MADAPPLE AND NUTS

3 oz. **Slice of Eggplant** and
1 oz. **Peanuts** or Pignolias whole, chewed together is a wholesome dish.

SIMPLICITY GREEN PEAS AND NUTS

1½ oz. **Young Green Peas** mixed with
1 oz. **Black Walnut-meats** or other Nutmeats except Peanuts. In winter dry green peas may be soaked over night or till soft and dried by tossing in a towel.

SIMPLICITY DAHLIA TUBERS

Peel the thin silicious rind off from
3 oz. **Dahlia tubers** and serve them with an addition of
1 oz. **Pignolias** or Pecan meats.

SIMPLICITY SUGAR CANE

Slice or strip off the rind from
2 or 3 Medium **Sugar Cane Joints** and serve the whole piths as a dessert.
The sweet juice is rich in organic materials.

SIMPLICITY DRIED FRUITS AND NUTS

Serve
3 or 4 oz. **Dates**, Figs, Raisins, Pears or Prunes with an addition of
1 oz. **Peanuts** or other nutmeats. Mix the juice of the nuts and fruit while chewing and enjoy the blended flavors.

SIMPLICITY OAT DISH

Mix

1½ oz. **Hulled Oats** and

½ oz. **Nutmeats**, whole or chopped. This is the most palatable dish that can be prepared of whole grains, besides it is very easily digested. Introduce it to the children, but do not let them eat more than a dish at a time.

SIMPLICITY WHEAT OR RYE

Soak the best Wheat or Rye over night or till soft and then rinse it and dry the surface by rubbing it on a towel.

2 oz. **Soaked Wheat** or Rye served plain or mixed with

½ oz. **Honey** (teaspoonful) or Olive Oil (spoonful). Mix these only on serving as the oil or honey hardens the grain in standing.

This dish served plain or with honey to children when they have time to chew it, affords a healthy exercise for the teeth, saliva, tastebuds and acts beneficial and wholesome otherwise. It also cures constipation. When dressed with oil let it be followed with some tart fruit.

FRUIT SALADS

2 to 4 oz. **Strawberries**, Cherries, Blackberries, Raspberries, Currants, Gooseberries, Mulberries, Blueberries, Huckleberries, Apples, Pears, Plums, Prunes, Peaches, Quinces, Prickly Pears, Oranges, Grape Fruit or Bananas cut into halves, quarters, chips or cubes and mixed with

1 oz. **Cocoanut** grated, Pignolias or Almond flaked, Walnuts or other soft Nutmeats chopped and if too tart drip over it

½ oz. **Honey** (teaspoonful) or 1 oz. Cocoanut milk (2 spoonfuls) and serve.

BANANA RELISH

Drip over
3 oz. **Banana** chips mixed with
1 oz. **Nuts**, chopped
¼ oz. **Lemon juice** (teaspoonful) and serve

SANDWICHED APPLES OR PEARS

2 or 3 oz. **Apple** or Pear slices sandwiched with or only spread with
1½ oz. **Lemon Cheese**, or Mock Cottage Cheese.

PLUM SALAD

Stir until creamy
3 oz. **Plums** or prunes chipped off the stone with or without the peeling and
1 oz. **Pignolias** or Peanuts flaked and serve

PEACH SALAD

2 oz. **Peaches** chipped off the stone,
1 oz. **Apricots**, Apples or Pears diced, Plums or Prunes chipped and
1 oz. **Pignolias** or Peanuts flaked or other nuts chopped. Mix these and serve.

STUFFED PEACHES

Pear and cut into halves
2 **Peaches**. Remove the stones and fill the cavities with
1 oz. **Pignolias** flaked or 1½ oz. Fruit Butter.

SLICED PINEAPPLE

Spread on
3 or 4 oz. **Pineapple** slices
1 oz. **Pignolias** flaked or Lemon Cheese.

STUFFED DATES

Stuff

3 oz. (or 12) **Dates** with

½ oz. **Almonds** or Walnut halves, and serve

STUFFED BANANA

Take a nice sunripened

Banana Draw back a strip of the peeling, split the pulp with a knife and draw it apart enough so as to stuff into the gap

1 oz. **Flaked Nuts** or Fruit Butter. Lay the loose strip of peeling back and serve.

CANTALOUPE STUFFED

Fill the cavity of an

8 oz. **Half Cantaloupe** with

2 oz. **Banana** sliced, Pineapple chipped, Berries or Banana and Lettuce mixed and serve. For variety the banana may be mixed with

½ oz. **Cocoanut** grated or the pineapple with Peanuts flaked

MIXED FRUIT SALAD

Mix

2 oz. **Apples** or Bananas cubed with

2 oz. **Grapes** or Berries in season and serve.

ORANGE SALAD

Peel off the rind of a medium Orange. Pull it into sections and cut them into bits. It will yield about

4 oz. **Orange pulp**. Add to this

½ oz. **Pignolias** or Almonds flaked and

½ oz. **Walnuts**, pecans or other nuts chopped. Mix and serve

GRAPE-FRUIT SALAD

Stir until creamy

3 or 4 oz. **Grape-Fruit** cut into chips and

1 oz. **Peanuts** or Pignolias flaked and serve.

WINTER FRUIT SAUCE

After washing the proper quantity of Dates, Figs, Prunes, Pears, Raisins or Currants take

2 oz. **Dried Fruit**, mince it and soak it in

2½ oz. **Water** over night or till soft and then add

½ oz. **Nutmeats** chopped or Cocoanut grated. Mix and serve

WINTER FRUIT SALAD

Mix

2 oz. **Apple**, Banana or Orange chipped with

1 oz. **Raisins** or chipped Figs or Dates and

1 oz. **Pignolias** flaked or other Nutmeats chopped and serve.

DRIED FRUIT SALAD

Mix

1 oz. **Figs** minced (3)

1 oz. **Dates** minced (4)

1 oz. **Raisins** and

1 oz. **Cocoanut** grated or other nuts chopped and serve.

1 oz. **Cocoanut milk** added improves the salad.

MINCE-FRUIT

Put into a chopping bowl

1½ oz. **Seeded or Seedless Raisins,** (6) Dates, Figs or Dried Pears and

1 oz. **Walnuts**, Pignolias, Pecans, Almonds, Brazil Nuts, Filberts, Chestnuts, Peanuts or Mixed Nutmeats and chop until there is nothing larger than a lentil. Serve this plain, with fresh fruit or mixed with meal.

SELECTED FRUIT SALAD

1 oz. **Banana** quartered and sliced,
1 oz. **Pineapple** or Orange cut into chips,
1 oz. **Apple** or Pear cut into dice or White Grapes halved and
1 oz. **Pignolias**, Pecans, Almonds or other nuts chopped. Mingle these and serve or at your option drip over it
½ oz. **Honey** (teaspoonful) or Lemon juice (spoonful) or both beaten together.

COCOANUT SUPAWN

1 oz. **Cocoanut** grated,
1 oz. **Rolled Wheat** or Oatmeal,
1 oz. **Raisins** or other dried fruit chipped and
1 oz. **Cocoanut Milk** (2 spoonfuls). Stir till the whole is equally moist. If there is not enough cocoanut milk stretch it with orange juice.

GRAPE SUPAWN

2 oz. **Oatmeal** or Rolled Wheat and
3 oz. **Grape juice**. Mix these and let it soak half an hour or so and serve.

Fresh grape juice is rich in tonic elements and the combination is easily digested.

SOUR LENTILS

Soak over night or till soft
1½ oz. **Lentils** in
1½ oz. **Lemon Juice**. Before using them for the table rinse them in water, then spread them on a tablecloth and rub them gently till the surface is dry. Sour Lentils can be served in various ways as directed elsewhere. Green Peas and Spanish Peanuts can be prepared like Lentils.

LEGUME AND APPLE SALAD

Soak the desired quantity of chick-peas, lima beans, lentils or green peas six to eight hours or over night. Slip the lima beans out of their coats (testa). Before chopping any of the above rub them dry in a towel. Legumes young and fresh from the garden should be preferred in their season.

1½ oz. **Legumes** chopped and
3 oz. **Tart Apple** cubed or Quince chopped. Mix these together with an addition of
½ oz. **Honey** (teaspoonful) and serve. The palatability of this dish depends on the honey.

LENTIL SURPRISE SALAD

Serve
1 oz. **Sour Lentils** (see Sour Lentils) dressed with
½ oz. **Honey** (teaspoonful). This is an appetizer.

NUT AND LENTIL SURPRISE

½ oz. **Sour Lentils** (see sour Lentils),
½ oz. **Pignolias**, Pecans, Walnuts or other Nutmeats chopped and
½ oz. **Honey** (teaspoonful). Mix these well and serve.

SOUR LENTILS AND NUTS

½ oz. **Sour Lentils** (see Sour Lentils),
½ oz. **Cocoanut grated**, Pignolias flaked or other Nutmeats chopped and
1 oz. **Raisins**, Dates, Figs or Dried Pears chipped or chopped. Mix these and serve

BRAWN FOODS

The brawn-foods are the most natural, most wholesome, the most easily prepared and therefore the most economical cereal foods. They can be prepared in an almost endless variety to suit every palate. They are certain to become the most favorite cereal foods because they are better than baked bread.

BRAWN FOOD OR NUT-O-MEAL

1 oz. **Spelt**, Wheat, Sweet Corn, Hulless Barley, Brazilian Flour Corn, Jerusalem Corn or Maize ground to meal, Flaked Rye, Oatmeal or Rolled Wheat mixed with

1 oz. **Cocoanut** grated, Pignolias, Peanuts or Almonds flaked and served in a deep oatmeal dish with a teaspoon. This dish is of the right consistency to encourage ensalivation, increase the production of saliva and prevent stomach fermentation. Let it follow a salad.

A BRAWNFOOD.

FRUIT ON NUT-O-MEAL

Cover

2 oz. **Nut-O-Meal** with

2 or 3 oz. **Banana**, Apple, Pear cut into small cubes, Orange or Plums cut into chips. An apple may be cut through the centre into thin sections and so arranged on the meal as to represent a lotus. If you would make it extremely delicious drip over the fruit a thread of

¼ oz. **Honey** (half teaspoon).

BERRIES ON NUT-O-MEAL

Cover

2 oz. **Nut-O-Meal** with

2 or 3 oz. **Berries** in season. Strawberries, Cherries, Blackberries, Currants, Gooseberries, Mulberries, Huckleberries, Currant Tomatoes and Husk Tomatoes make tempting dishes. When the berries are very tart drip over them a thread of

¼ oz. **Honey** (½ teaspoonful)

BRAWN FOOD WITH DRIED FRUIT

Mix into

2 oz. **Nut-O-Meal**

1 oz. **Figs**, Dates or Pears chipped or chopped or covtr it with seeded or seedless Raisins.

BRAWN-FOOD WITH PEPPERS OR BLANCHED CELERY

Chip over

2 oz. **Nut-O-Meal**

2 oz. **Sweet Salad Pepper** or Blanched Celery and serve. When the sweet pepper taste is acquired this dish is highly relished. The peppers may be used green or red.

QUINCE SPONGE

Mix into

2 oz. **Nut-O-Meal**

1½ oz. **Quince** grated and serve. The quince imparts to the meal a most delicious aroma.

FLOR-O-MEAL

Mix into

2 oz. **Nut-O-Meal**

½ oz. **Dandelion Flowers**, Nasturtium Flowers or Hyacinth-bean Flowers minced and serve.

MOCK STRAWBERRY SHORT CAKE

Cover
2 oz. **Nut-O-Meal** with
2 or 3 oz. **Strawberries** and drip over them
½ oz. **Honey** (teaspoonful) and serve.

EGG ON BRAWN FOOD

2 oz. **Nut-O-Meal** or Fruit-O-Meal covered somewhat to one side with
1 or 2 oz. **Persimmon Egg Dressing** or Persimmon Pulp. This is a tempting dish.

TOMATO-CREAM ON NUT-O-MEAL

Drop over
2 oz. **Nut-O-Meal**
2½ oz. **Tomato-Cream** and serve
(Look under Dressings).

CEREAL SALAD

Mix into
2 oz. **Nut-O-Meal**
1 oz. **Green Celery**, Parsley, Lettuce, Oxalis, Endive or Cabbage chopped or minced very fine and serve.
This combination is both tonic and laxative especially when ryemeal or cornmeal is an ingredient.

PAN-NUTRO-MEAL

Toss together
2 oz. **Nut-O-Meal** and
1 oz. **Radishes**, Cabbage, Rampion, Kohl-rabi, Artichoke, Pumpkin, Eggplant or Potatoes cut into small dice or chopped
When barley-meal or oatmeal is an ingredient of this dish it is a true pan-nutrient, containing, food for muscle, brain, nerve and bone.

NUT-O-MEAL WITH HONEY

Stir into

2 oz. **Nut-O-Meal**
½ oz. **Honey** (teaspoonful) and serve.

PAN-NUTRO SPONGE

1 oz. **Cereal Meal** (see Nut-O-Meal),
1 oz. **Peanuts**, Pignolias or Almonds, flaked, Pecans, Black Walnuts or other nuts chopped or Cocoanut grated and
1 oz. **Parsley**-root, Celeriac, Carrot, Sweet Potato, Turnip, Parsnip, hard Squash or Salsify grated. Stir these into one another, but do not rub into a mass. Garnish and serve.

This dish in all its possible variations is rich in positive tonic elements. When rye-meal or corn-meal is an ingredient it predominates in laxative qualities. With barleymeal or oatmeal as an ingredient it is rich in bone building material of which expectant mothers must have a plenty.

OAT BRAWN FOOD

½ oz. **Almonds** and
½ oz. **Dried Fruit** chopped together in a chopping-bowl. (Medium fine). Mix into this
1 oz. **Hulled Oats**, whole. Put this mixture into an oatmeal dish and serve. This dish cannot be produced with any other grain except hulled buckwheat. Other whole grains are not soft enough nor have they that delicious flavor.

This dish affords exercise for the teeth to keep them young and strong. This is an important dish for the growing girls and boys as it supplies the elements they need.

PULSE-MEAL AND FRUIT

Chop in

½ oz. **Chick-Pea Meal**

1 oz. **Evaporated Fruit** and then mix into this

½ oz. **Cereal Meal** and serve. The chick-pea is the only legume that can be used for a meal.

SWEET CORN MEAL AND FRUIT

2 oz. **Sweet Corn Meal** mixed with

2 oz. **Large Fresh Fruit** chipped or Small Fruits quartered or halved is a wholesome dish for variation. Do not stir to a mush.

BRAWN FOOD AND LOCUST BREAD

Mix into

2 oz. **Nut-O-Meal**

1 oz. **Locust-bread** grated and serve. Be sure that no locust seeds remain in the grated pulp.

SNOW MEAL

1 oz. **Unpolished Rice**, Brazilian Flour Corn or Rice Corn ground to meal and

1 oz. **Cocoanut grated** or Pignolias flaked. Mix these and serve plain or dressed like Nut-O-Meal.

NUT GROATS

1 oz. **Whole Hulled Buckwheat** (Buckwheat groats) and

1 oz. **Peanuts flaked** or any mixed Nutmeats chopped or Cocoanut grated. Toss these together and serve plain or otherwise like Nut-O-Meal. The above Nut Groats mixed with

1 oz. **Evaporated Fruit** chopped or chipped is another way. Hulled buckwheat is a very soft and crisp grain with a pleasing nutty flavor. Children like it and if their tastes are not perverted they are good judges.

MINCE-MEAL

Put into a chopping-bowl
1½ oz. **Cereal Meal** (your choice) and
1½ oz. **Dates, Figs,** Seedless Raisins, Prunes or Dried Pears and chop the fruit to the size of peas and till the fine flower is all absorbed; then mingle it and serve. In chopping the meal adheres to the fruit and prevents it from sticking to the knife. This is a palatable and wholesome substitute for sweet bread.

BRAWN-FOOD TART

Spread to the sides of an oatmeal dish
2 oz. **Nut-O-Meal** and fill the hollow with
2 oz. **Pie Filling** (see Pies).

NUT-O-MEAL BREAKFAST

5 to 8 oz. **Any Fruit** in season served with
2 oz. **Nut-O-Meal** is an ideal breakfast

BREAD FOR THE TOOTHLESS

1 oz. **Oatmeal** slightly ground,
½ oz. **Pignolias** or Peanuts flaked and
½ oz. **Locust Bread** grated. Mix and serve with a small spoon. The unfortunate toothless need only ensalivate this food with the tongue.

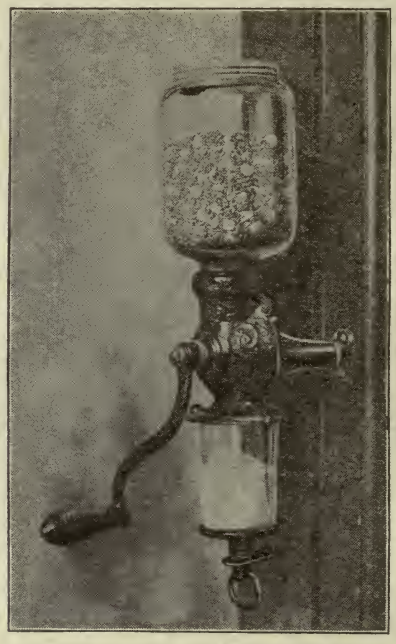
BRITTLE MEAL

1½ oz. **Rice,** Rice Corn, Sweet Corn or Hulless Barley ground to meal and
½ oz. **Honey** (teaspoonful). Mix and rub these together until every particle of meal has come in contact with honey and serve. Other grains take more honey.

LAXATIVE BRAWN FOOD

Rye meal, figs and nuts in the form of Nut-O-Meal and Rye-fig-flakes have wholesome laxative properties on account of the high percentage of dextrine and cellulose in rye and the abundance of harmless seeds in the fig.

Rye meal intended for laxative brawn food must be ground coarser than other meals. When the mill is set as for other meals rye will grind so fine that it becomes pasty in the mouth and sticks in bunches



A WALL-MILL FOR GRINDING CEREAL-MEAL FRESH EACH DAY.

to the gums and to the spoon. Flaked rye is preferable to fine rye meal. Combination rye meal does not become pasty in the mouth. It is prepared as follows : Mix two parts of rye with one part of either rice, rice corn, Brazilian flour corn or maize and grind as fine as other meals.

SALINE MEALS

Saline meal is something new in the line of foods. It consists of the dried leaves and roots of sweet herbs (rich in organic salts), and cereals, which are mixed and ground together. This meal is then mixed with an equal weight of grated cocoanut, flaked peanuts or pignolias and served like the "brawn-foods." It is especially useful in winter when green herbs can not be had. A dish of this meal which contains a half ounce of dried leaves is equal to a salad containing four ounces of green herbs and gives the same service. It should be used as a substitute for tonic teas. It will prove more beneficial, wholesome and efficient since the organic salts of the herbs are not disorganized by the boiling temperature besides the beneficial effect of the chlorophyll and cellulose is not lost. Sorrel, dock, swiss chard and beet leaves should be stripped off their stalks and dried in the sun separately. The stalks should be bunched on a chopping board and whittled as fine as possible and then dried until they are brittle before they can be ground with the cereals. The dry leaves must be rubbed into small particles before they are mixed with the cereals for grinding. The stalks of the swiss chard are so rich in the organic salts that these often crystallize on the outside of the dried stalks. Mix one ounce of the above dried leaves or stalks to every three ounces of hulless barley or wheat and grind as you would for "brawn-foods." The dried leaves of celery, parsley, strawberries, common malva (cheeses), hollyhocks, clover and other sweet tea herbs and clover flowers may be used in the same proportions as directed above. Celeriac roots and hamburg parsley roots must be sliced across their grain as thin as possible and dried to brittleness. These roots impart a delicious flavor to the meal. They are also used in the same proportions as directed above. Blood beets contain so much beet sugar that when they are not absolutely dry they will clog the mill. Of the dried beet mix only one ounce to every five ounces of cereals. This meal is very sweet although it sometimes has an acrid aftertaste. The acrid principle, however, is neutralized with flaked peanuts.

CAKES AND BREAD

When it is necessary to have a cereal production in the form of loaves or slices which can be handled with the fingers like the baked breads, then the following recipes will be convenient :

WEDDING CAKE

Rub and knead together

1½ lb. **Rice** ground to meal and

12 oz. **Honey**. Press the dough into a 6 inch Fruit Cake Ring and let it stand 6 to 10 hours to harden. This will serve 10 to 15 persons. Double the above weights and press the resulting dough into an 8 inch cake-ring with a smooth glass in the middle to produce a hole in the cake. While the hole in the cake facilitates slicing it may be utilized for the insertion of a live floral ornament. Place the cake on a cake-lace and stud the cake, artistically, with the choicest dried fruits, nuts and live flowers but preserve the symbolism of the cake.

POUNDCAKE

20 oz. **Sweet Corn**, Wheat, Hulless Barley, Rice Corn or Rice ground to meal and

12 oz. **Dates** or Figs chopped in part of the above meal. Mix all the meal and chopped fruit and run it through the flaker twice. The second time do not let the flakes pile up and become a mass. Mix and work into the flakes

4 oz. **Prunes** or dark Raisins chopped and

4 oz. **Almonds** or Peanuts chopped. Now press and pound this mass hard into a 6 inch cake ring or four 3 inch muffin rings lined with paper. Set it aside to harden and slice with a sharp knife in a sawing motion. This cake improves by age.

HONEY MUFFIN

Rub and knead together

6 oz. **Wheat**, Rye, Brazilian Flour, Corn, 7 oz. Rice, Rice Corn, Sweet Corn or Hulless Barley ground to meal and

3 oz. **Honey**. Press the dough into a 3 inch muffin ring and set aside to harden. You may also shape it into any convenient loaf or use the half ounce butter form.

FRUIT BREAD

Prepare it like Poundcake omitting the second and third ingredient and form into a long round loaf or press it into the half ounce butter form.

FRUIT CAKE

20 oz. **Wheat**, Rye, Hulless Barley, Sweet Corn, Rice Corn and Maize ground to meal

1 lb. **Dates**, Figs or Dried Pears chopped in part of the above meal, then add all the meal, mix it well and run it through the Flaker twice. Press the flakes into a 6 inch fruit ring lined with paper and set it aside to harden. If you want the fruit to show in the slices; work into the flakes

4 oz. **Dark Raisins** or Prunes chopped and then press it into the ring.

NUT MUFFIN

Beat to a butter

2 oz. **Lemon juice** and

4 oz. **Pignolias** or Almonds flaked and let it soak a while. Then add

4 oz. **Rice**, Rice Corn or Hulless Barley ground to meal and knead to dough. Press this into a 3 inch muffin ring or use the half ounce butter form.

HONNUT MUFFIN

Beat to a butter

1 oz. **Lemon juice** and

2 oz. **Pignolias** or Almonds flaked and let it stand half an **hour.** Then add

2 oz. **Honey** and

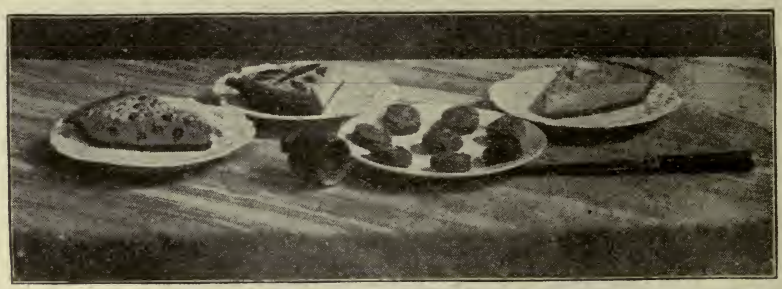
6 oz. **Rice**, Rice Corn, Sweet Corn or 5 oz. Hulless Barley or Brazilian Flour Corn ground to meal. Mix and knead these into dough and press it into a 3 inch Muffin Ring or use the half ounce butter form. Let it stand to harden.

HONNUT CAKE

Take four times the weight of each ingredient as given for Honnut Muffin and prepare as directed. Press the dough into a 6 inch fruit cake ring or double this amount into an 8 inch ring and set it aside to harden.

HALF OUNCE BREADS

Honey Flakes and Evaporated Fruit Flakes can be pressed into the half ounce butter form while fresh and will keep in that form or can be served immediately.



HALF-OUNCE CAKES AND THE HALF-OUNCE BUTTER-FORM.

Fresh Fruit Flakes, Vegetable or Flower Flakes can also be pressed into the half ounce butter form while fresh but the breads must be exposed to sunshine or air until they are thoroughly dry before they are palatable as the moisture prevents the saliva from acting on the starch.

CEREAL FLAKES

Although the "brawn-foods" are all sufficient in the line of natural cereal foods with an almost endless variety yet the recipes for cereal flakes will come in handy when odd and fancy dishes must be prepared.

FRUIT OR HERBAL FLAKES

Take either

4½ oz. **Sweet Corn** or 3 oz. Wheat or Hulless Barley or 5 oz. Rye ground to meal. Mix the indicated weight of the chosen meal with

1 oz. **Apples**, Blackberries or Tomatoes chipped, Dandelion Flowers chopped, Parsley or Celery leaves minced or Celery-root or Carrot grated. When it is well mixed run it through the flaker twice and spread the flakes on a large tray or sheet in the sunshine or an airy place to dry. Serve the dry flakes plain or with flaked nuts. These flakes when dry will keep.

This food contains all its tonic and laxative elements unchanged.

EVAPORATED FRUIT FLAKES

Chop in half of

8 oz. **Cereal-Meal**

4 oz. **Figs**, Dates, Raisins, Prunes or Dried Pears and then mix the remaining meal into it and run it through the flaker twice. Serve two ounces per dish plain or with nuts. For flavor mix into the grain, before grinding, half of a vanilla bean pod, cut into very small bits, or ⅛ oz. fennel seed (spoonful); but first question the tastes of the consumer.

CEREAL FLAKES

Soak wheat or rye an hour and wash it in several waters to clean it thoroughly from all impurities. Then cover it with slightly warm water and let it stand over night or until the kernels are entirely soft. In summer the water should be changed several times to prevent it from getting sour. It should be used before the tiny white sprouts start; for sprouting will make it disagreeably sweet. Spread the soaked grain on a table cloth after it is rinsed and drained and rub it until the surface moisture is absorbed. Now it is ready to be flaked. Home flaked cereals are a most wholesome food from a hygienic standpoint when the flakes are dried in sunshine. Children relish the sundried flakes plain; but they are generally served with dried fruits like "brawn-food." Run the soaked grain through the flaker and let the flakes fall singly on a large plate and spread them on a table cloth where the sun may dry them quickly. If the flakes emerge from the flaker so soft that they adhere to one another and lump the grain is too wet and should be allowed to dry for a while.

SWEET CORN ROSES

Mix

4½ oz. **Sweet corn meal** with

1 oz. **Fruit of any color** chipped or Dandelion flowers chopped or green Celery leaves minced or carrots grated and run it through the flaker twice. The second or third time it will emerge from the machine in a large continuous flake which can be folded into flowers. The heart of the flowers may be filled with some nut-cheese to render them palatable. Sweet corn is the only grain that can be used for this purpose, because it displays the colors best and hangs together firmly. It also makes the best pie crusts.

HONEY FLAKES

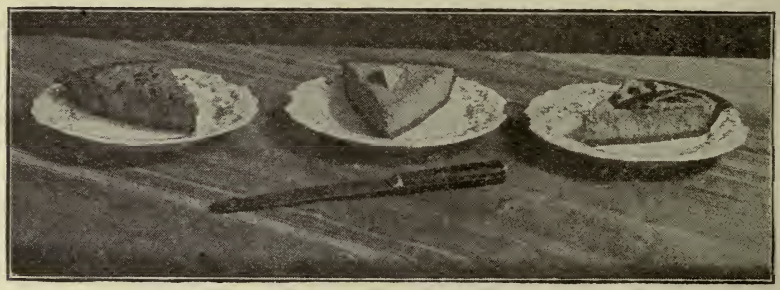
2 oz. **Honey** mixed into

5 oz. **Wheat Meal**, Hulless Barley Meal or 6 oz. Sweet Corn Meal or Rice Meal. Run the mixture through the flaker twice. Serve two ounces per dish plain, with fruit, vegetables or nuts.

If annis or fennel seed flavor is relished mix ¼ oz. (2 spoonful) to the pound of grain before grinding. Caraway seed blends best with rye.

SALAD PIES

The salad pies prescribed below differ from baked pies in that they contain only natural ingredients which the "nature trained" digestive system knows how to handle for the health of the body. Pies made as prescribed below can not be improved for wholesomeness and they will taste better and look as good as the best bakery made pies. They are truly as wholesome as they taste both for the sick and well. A quarter of these pies contains the substance of a whole dinner; hence it is advisable to cut the pie into eight sections for a course dinner.



UNFIRED PIES.

PIE CRUSTS

A pie crust for an eight or nine inch pie plate must weigh about eight or nine ounces. If the crusts are made as prescribed below they will not become soggy or too soft to hold a section of a pie. These pie crusts will not cause trouble in the stomach nor will any part of them be absorbed into the circulation unless it is properly digested.

HONEY PIE CRUST

Mix and rub together

7 oz. **Sweet Corn Meal** or other meal and
2 oz. **Honey** and run it through the flaker twice. Spread these flakes in a slightly oiled pie plate and press them even and hard with a spoon.

SALAD PIE CRUST

For an eight or nine inch pie mix

7 oz. **Sweet Corn Meal** and

1½ oz. **Tomatoes** chipped, Cranberries chopped; Carrot, Parsley root, or Squash grated or 1¾ oz. Parsley or Celery leaves chopped. Run this through the flaker twice and immediately spread it into a slightly oiled pie plate and press it even with a spoon. Sweet corn meal is the only meal that can be used for this combination since all other meals become soggy. Do not use herbs or roots in crusts intended for tree fruit fillings.

BANANA SWEET CORN PIE CRUST

2 oz. **Banana** chopped fine in

8 oz. **Sweet Corn Meal**. Mix it well and run it through the flaker twice. Spread the flakes immediately in a slightly oiled pie plate and press them even and hard with a spoon.

HONEY FLAKE PIE CRUST

Honey Flakes make very good pie crusts.
(See Honey Flakes.)

EVAPORATED FRUIT PIE CRUST

Prepare 8 oz. of dough as directed in "Evaporated Fruit Flakes" or "Cereal Confection Dough" and spread it into an oiled pie plate before it becomes too hard to handle. This crust is intended for tree fruit fillings.

BROWN PIE COVERING

Locust Bread grated. Sprinkle it over Fruit Pies only. It will add that peculiar flavor and aroma of the Locust which some with unperverted tastes relish and others dislike very much.

PIE FILLINGS

The weights of the ingredients of the following pie fillings are so computed that the final combination will just fill a common nine inch pie plate. If more than one pie is to be made the weight of each ingredient is to be multiplied by the number of pies intended. These recipes have been tested for exactness and good results.

APPLE CREAM PIE

Crust 8 oz.

6 oz. **Sweet Corn Meal** and

3 oz. **Currants**. Mix and run through the flaker. Spread the resulting dough into a slightly oiled plate.

Filling 16 oz.

7 oz. **Apple**, grated and

3½ oz. **Pignolias**, flaked. Mix and beat these into a cream, add

6 oz. **Apple**, cubed, mix again and spread over the above crust. Garnish with four or six ornamental apple slices and cut into 4 or 6 sections.

One quarter of this pie equals a full and wholesome meal.

HUCKLEBERRY PIE

Crust 8 oz. Filling 16 oz.

Rub to a butter

6 oz. **Huckleberries** or Blueberries and

3 oz. **Pignolias** or Peanuts flaked. Then add and mix carefully so as to leave them whole.

3 oz. **Huckleberries**. Fill this evenly into the crust and spread evenly over the surface.

4 oz. **Huckleberries** and press them in just enough to adhere to the filling.

APPLE CUSTARD PIE

Crust 8 oz. (See Pie Crusts.) Filling 16 oz.
Filling 16 oz.

6 oz. **Pignolias** (or other nuts) flaked fine and
10 oz. **Apple** grated. Tart apples are preferred. Mix and beat to the proper creamy consistency and fill into crust. Garnish, cut into sections and serve.

STRAWBERRY AND HUCKLEBERRY PIE

Mix and rub together

4 oz. **Pignolias** (or Peanuts) flaked and
7 oz. **Strawberries** macerated with a fork. Gently mix into this cream, without breaking them
5 oz. **Huckle** or Blueberries whole. Fill into crust and sprinkle over the surface a few berries and press them in just a little so that they can not roll.

PRUNE OR PLUM PIE

Crust 8 oz. Filling 16 oz.

5 oz. **Pignolias** or peanuts flaked and
11 oz. **Fresh Prunes** or plums chipped off the stone with a sharp knife. Mix and rub these to a creamy consistency leaving as much of the chips unmashed as possible and fill into crust.

STRAWBERRY CUSTARD PIE

Crust 8 oz. Filling 16 oz.
Mix and rub together

5 oz. **Peanuts** (or Pignolias) flaked and
9 oz. **Strawberries** macerated with a fork. Fill into the crust and garnish with
2 oz. **Nice Whole Strawberries**, pressing them half way into the custard. Arrange them as artistically as you can.

APPLE AND BANANA PIE

Crust 8 oz. Filling 16 oz.

7 oz. **Apple**, grated and

3½ oz. **Pignolias**, flaked. Mix and beat these into a cream, add

6 oz. **Banana**, cubed, mix again and spread into the crust. Cut into four or six sections and serve.

BANANA CUSTARD PIE

Crust 8 oz. Filling 16 oz.

Mix and rub together

6 oz. **Pignolias** (or Peanuts) flaked and

10 oz. **Bananas** sliced. Fill into crust and let it stand an hour when it will turn to a rich chocolate brown color.

CREAM OF PINEAPPLE PIE

Crust 8 oz. Filling 16 oz.

Chop in a chopping bowl

12 oz. **Pineapple** until all is the size of corn and then beat into it

4 oz. **Pignolias** flaked until it is quite creamy. (When the pineapple is green and tart add 1 oz. Olive Oil after the filling has stood half an hour). Fill the filling into the crust, cut it into four or six sections and garnish each section with a thin slice of pineapple. This pie can be served to both fruit and vegetable menus.

MUSKMELON PIE IN AMBUSH

Crust 8 oz. Filling 16 oz.

Rub together

7 oz. **Muskmelon pulp** and

5 oz. **Pignolias** flaked. Fill this evenly into the crust and spread evenly over the surface

4 oz. **Blueberries** or other small fruit. Press them in just enough to adhere to the filling.

TOMATO PIE

Crust 8 oz. Filling 16 oz.

6 oz. **Pignolias** flaked fine and

10 oz. **Tomato** peeled (with a very sharp knife) and chipped into small bits. Do not strain the juice, but use it all in its natural proportion. Mix and stir lightly to a creamy consistency, but so as not to mash the tomato chips, and fill it into the crust.

CRANBERRY PIE

Crust 8 oz. Filling 16 oz.

Put into a chopping bowl

5 oz. **Cranberries** and chop them as fine as possible; then add

4 oz. **Pignolias** or Peanuts flaked and take a wooden potato masher and rub the juice of the cranberries into the nuts. Twist the masher when pressing down. When the juice is well extracted add

6 oz. **Pumpkin**, Squash, Carrot or Parsnip grated and rub until it is well mixed; then add and mix into it

1 oz. **Honey** (spoonful) and fill it into the crust. In place of the honey grated celeriac or minced parsley may be used.

PUMPKIN PIE

Crust 8 oz. Filling 16 oz.

Mix and rub together

5 oz. **Pignolias** or Peanuts flaked and

9 oz. **Pumpkin**, Squash or Carrot grated. Let this stand while you prepare the under crust and then mix into the filling.

2 oz. **Honey**. Rub it well and fill it into the crust. For variety take 1 or 2 oz. less of the pumpkin and replace it with an equal weight of grated Celeriac or minced parsley.

TART PUMPKIN PIE

For the filling mix and rub together

2 oz. **Lemon juice** and

6 oz. **Pignolias** or Peanuts flaked. When the lemon juice is absorbed add

8 oz. **Pumpkin** grated; rub it until even and fill into the crust.

CELERY CREAM PIE

Use green celery leaves in the crust.

Mix and rub together

6 oz. **Peanuts** flaked and

3 oz. **Tomato juice** or rhubarb juice. Then add and mix into it gently

3 oz. **Tomato** chipped or banana cubed and

4 oz. **Blanched Celery** chopped to the size of corn. Fill this into the crust and serve.

SAUCES AND DESSERTS

Sauces and desserts are intended to be served as the last course of a dinner. The recipes given below are only samples of an endless variety of dishes that can be combined and served.

BANANA MOUSSE

Macerate with a silver fork until liquid
2 oz. **Banana** and then stir into it
1 oz. **Strawberries** quartered or bruised, small tomato chips, orange chipped or small raisins and serve.

BERRY SAUCE

Mash with a potato masher
2 oz. **Strawberries**, blackberries, huckleberries or mulberries and beat into this
¼ oz. **Pignolias** flaked and then stir into it gently
1 oz. **Whole berries** of the same or different kind and serve.

MIXED FRUIT SAUCE

Stir together
1 oz. **Oranges** chipped,
1 oz. **Peaches** chipped,
1 oz. **Plums** chipped,
¼ oz. **Pignolias** flaked and
½ oz. **Honey** (teaspoonful) and serve. This dish can be composed of other fruits in their season.

APPLE SAUCE

Mix and beat together
2 oz. **Apple** grated
¼ oz. **Pignolias** or peanuts flaked and
1 oz. **Raisins** seedless or chipped dates, figs or prunes and serve.

CRANBERRY SAUCE

Chop in a chopping bowl

2 oz. **Cranberries** and mix into them

¼ oz. **Peanuts** flaked and mash the mixture with a wooden potato masher until quite even. Then put it into a dish and beat into it

½ oz. **Honey** (teaspoonful) and serve.

PRUNE WHIP

Soak in

2 oz. **Cold or Tepid Water**

1 oz. **Prunes**, with the pits removed, six or eight hours or until very soft. Then take the soft prunes out of the water, mash them with a potato masher, return the mashed pulp into the soaking water, add

¼ oz. **Pignolias** flaked and beat it until it is even. Then stir into it

½ oz. **Honey** (teaspoonful) and serve.

Serve in a neat dish.

PLAIN DESSERT

2 or 3 oz. **Strawberries**, whole, small plum tomatoes whole, large tomatoes sliced, cherries, raspberries or mulberries; or in winter 2 oz. selected seedless raisins or six stuffed dates.

CONFECTIONS

Unfired confections will in time be as much in demand as candy is now. A large variety of confections can be prepared by following the directions given in the receipts below. The cerial, nut and ceronut confections can be eaten by the sick, the convalescent and the children of all ages with impunity. They are self satiating and therefore no one will eat more than the system requires.

MAKING CONFECTION.

NUT CONFECTION

4 oz. **Peanuts** or Almonds cracked or chopped and
4 oz. **Dates**, Figs, Dried Pears, Raisins or Prunes chipped or chopped. Mix the fruit and nuts in the chopping bowl and chop to separate the fruit and mince the large pieces. When this is well mixed run it through the flaker twice. Take care to run the the flakes so coarse that the oil is not pressed out of the nuts, which can be noticed on the flakes as they emerge. Put the flaked dough on a bread board and roll it to a half inch thickness and then cut it into suitable squares as you would caramels. This is ready to serve or it can be wrapped into wax paper to keep for some time. The dough pressed into a half ounce butter form serves equally well. Serve an ounce per dish.

CEREAL CONFECTION

4 oz. **Rice,** Brazilian Flour Corn, Sweet Corn, Hulless Barley, Rice Corn or Wheat ground to meal and
4 oz. **Dates,** Figs, Dried Pears, Raisins or Prunes chopped in part of the above meal. Mix all the meal with the chopped fruit and run it through the flaker twice. Put the flaked dough on a bread board, covered with wax paper, and roll it to a half inch thickness and then cut it into ¾ inch squares or 1 inch by three inches strips. Wrap these into wax paper and they will keep a year and longer and improve by age. When cut into two inch squares, they may be packed, in a paper or tin box, in layers between wax paper. For immediate use the half ounce butter form may serve. For flavor mix into each pound, of the chosen grain, before grinding, one Vanilla pod cut into bits as small as the grain or 1-3 oz. Annis seed (4 teaspoonfuls). Remember that annis flavor is delicious to some and repulsive to others.

CERONUT CONFECTION

2 oz. **Cereal meal,**
2 oz. **Peanuts** or Almond chopped and
4 oz. **Evaporated Fruit** chopped. Mix these and prepare like Nut Confection. For flavor see Cereal Confection.

DRESSINGS

The dressings prescribed below are all as wholesome as useful. They are all so combined as to promote a healthy digestion and not to pervert the sense of taste. The dressings combined with lemon and orange are preferable for fruit salads and those combined with rhubarb juice should be only used for vegetable salads. Lemon juice should not be used for herbs and roots unless there is no other wholesome substitute. This should be remembered for hygienic reasons.

LEMONOLED DRESSING

(Mayonaise improved)

Mix and beat together

½ oz. **Pignolias** or Peanuts flaked very fine and

1 oz. **Lemon juice** and let it stand 15 minutes or more, then add

½ oz. **Olive Oil** and beat it well into a cream. The flavor of this cream may be varied to suit by adding a half teaspoon of either ground caraway seed, annis seed, mustard or powdered cinnamon; but use your judgment as to the advisability of the use of the condiment for a patient.

HONEY CREAM DRESSING

Mix and beat together

½ oz. **Peanuts** flaked very fine and

1 oz. **Lemon juice** and let it stand 15 minutes or so, then add

½ oz. **Honey** (teaspoonful) and beat it into an even cream. Olive Oil ½ oz. (spoonful) may also be added to suit the flavor of the dish.

BANANA DRESSING

2 oz. **Banana pulp** macerated with a table fork until liquid makes a good dressing.

ORANGE CREAM DRESSING

Mix and beat together

¾ oz. **Pignolias** flaked very fine and
1½ oz. **Orange juice** and let it stand half an hour or longer. Beat it again until even before using.

LEMON CREAM DRESSING

Mix and rub together

½ oz. **Pignolias** flaked very fine and
½ oz. **Lemon juice** and let it stand half an hour or so, and then add
1 oz. **Orange juice** and beat till quite creamy.

ORANGEOLE DRESSING

Mix and beat together

½ oz. **Pignolias**, Peanuts or Almonds flaked very fine and
1 oz. **Orange juice** and let it stand half an hour or so and then add
½ oz. **Olive Oil** (spoonful) and beat it well into the cream.

PERSIMMON EGG DRESSING

Mix and rub into a cream

2 oz. **Persimmon pulp** (of the seedless kind) and
½ oz. **Pignolias** flaked. If egg flavor is desired beat into it
¼ oz. **Olive Oil** (teaspoonful). To make it more fluid add
1 oz. **Orange juice** or half ounce each of Honey and Lemon juice.

LEMON HONEY DRESSING

Beat together

1 oz. **Lemon juice** and
½ oz. **Honey** (teaspoonful). If this mixture should prove too tart you may add
½ oz. **Olive Oil** (spoonful).

PLAIN RHUBARB DRESSING

2 or 3 oz. **Rhubarb juice** is a simple and efficient dressing to be dripped over nut salads. It supplies that tart flavor so much relished and helps to digest the nuts. Even plain lettuce and cabbage are relished with it.

COCOANUT MILK AS DRESSING

2 oz. **Cocoanut milk** is an excellent dressing for lettuce and cucumber salads as an addition to grated cocoanut.

PLAIN HONEY OR OLIVE OIL DRESSING

½ oz. **Honey** (teaspoonful) or
½ oz. **Olive Oil** (spoonful) is all that is required to make mild salads palatable.

RHEUMOLE DRESSING

Mayonnaise Imitated.

Mix and beat to a cream

½ oz. **Peanuts** or Pignolias flaked and
1 oz. **Rhubarb juice**. Let it stand a while and then beat into it

½ oz **Olive Oil** (spoonful) or Honey (teaspoonful). Use this for vegetable salads and other dishes in vegetable menus. Vary the flavor to suit mild dishes with one of the following ingredients:

¼ oz. Savory, Thyme, Majoram, Dill, Peppermint, Basil or Taragon minced very fine. 1-16 oz. (small teaspoon) Caraway seed or Mustard ground or Cinnamon powdered.

½ oz. Parsley, Celery or Oxalis minced very fine or Horseradish grated. If "redhots" are craved horseradish makes a wholesome one.

RHEUM CREAM DRESSING

Mix and beat together

1 oz. **Peanuts** or Pignolias flaked and
2 oz. **Rhubarb juice** and let it stand 15 minutes before using. Use this dressing for vegetable salads only.
¼ oz. **Savory herbs** minced may be added if desired.

RHUBARB HONEY DRESSING

Beat together

1½ oz. **Rhubarb juice** and
½ oz. **Honey** (teaspoonful). If the salad is otherwise quite tart you may finally add
½ oz. **Olive Oil** (spoonful).

TOMATO CREAM

Beat and rub together

2 oz. **Tomato** peeled with a very sharp knife and chipped, and
½ oz. **Pignolias** or Peanuts flaked. The flavor may be improved by adding
¼ oz. **Parsley** or Celery minced and at option.
¼ oz. **Olive Oil** (teaspoonful).

CREAM OF GRAPES

This cream is prepared like Tomato Cream with **grape juice** and flaked **pignolias**; omitting the herbs.

NUT CHEESES AND BUTTERS

The nut cheeses, butters and sandwich fillings, as prescribed below, are to be spread, in equal thickness, on slices of vegetables and unfired wafers.

HORSERADISH BUTTER

Mix and rub together

1 oz. **Peanuts** flaked and

1 oz. **Horseradish** grated. Let it stand five minutes or so and then beat into it

1 oz. **Rhubarb juice** or ½ oz. Lemon juice when rhubarb can not be had. The citric acid of the lemon tends to render the alkaline elements of horseradish neutral and unavailable.

FRUIT BUTTER

Mix and rub together

1 oz. **Lemon juice**, Tart Apple grated or other tart fruit pulp and

1 oz. **Pignolias** or Peanuts flaked. If it suits your purpopse you may mix into it

½ oz. **Raisins**, Figs or Dates chopped.

CRANBERRY BUTTER

Mix and rub together with a wooden spoon

2 oz. **Cranberries** chopped (rather minced) and

1 oz. **Peanuts** flaked. When it is smooth let it stand an hour or so before using. You may save time and "elbow grease" by running the mixture through the flaker which process rubs them better than you can with the wooden spoon. This butter can be used on slices of eggplant, pumpkin, turnips, parsnips, carrots and on crisp cabbage leaves and breads from September through the Winter.

LEMONOLE BUTTER

Mix and rub together

1 oz. **Lemon juice**,
1 oz. **Peanuts** flaked,
1-16 oz. **Mustard** ground (½ teaspoon), and
1-16 oz. **Caraway seed** ground (½ teaspoon). After a half an hour beat into it
1 oz. **Olive Oil** (2 spoonful) or less.

CELERIAC BUTTER

Is prepared like Horseradish Butter with grated Celeriac or Hamburg Parsley Root.

SAVORY BUTTER

Mix and rub together

1 oz. **Rhubarb juice**,
1 oz. **Peanuts** or Pignolias flaked,
¼ oz. **Horseradish** grated (spoonful) and
½ oz. **Mixed Savory Herbs** minced very fine. Do not forget Curled Cress, Upland Cress, Parsley, Green Celery and Dill. This is excellent for sliced vegetables and sandwiches.

GREEN SWEET CORN BUTTER

2 oz. **Sweet Corn** grated off the cob on a coarse grater. Use the back of a knife to scrape the embrios out of the cob. Add to this
1 oz. **Pignolias** (or other nuts) flaked very fine and mix till smooth.

ONION BUTTER

Rub into a butter

1 oz. **Onion** chopped or diced very fine
1 oz. **Rhubarb juice**, Green Tomato juice or, in want of the afore named, Lemon juice and
1 oz. **Peanuts** flaked. When the onion is grated the tart juices may be omitted. If found too strong add
½ oz. **Olive Oil** (spoonful).

LEMON CHEESE, PLAIN

Mix and rub together

1 oz. **Lemon juice** and
2 oz. **Peanuts** or Pignolias flaked.

RHUBARB CHEESE, PLAIN

Mix and rub together.

1 oz. **Pignolias** flaked
2 oz. **Peanuts** flaked and
1 oz. **Rhubarb juice.** This cheese is very sweet. Three ounces of the peanuts without pignolias make a good cheese but rather dark and the pignolias alone produce a cheese like limburger in texture but the above combination is a happy medium.

LEMON COTTAGE CHEESE

Mix and rub together

1 oz. **Lemon juice,**
2 oz. **Peanuts** flaked very fine
⅛ oz. **Mustard,** ground, (small teaspoonful) and
⅛ oz. **Caraway seed,** whole. Set it aside to blend.

HORSERADISH CHEESE

Put into a chopping bowl

3 oz. **Cranberries** and chop them as fine as possible. Then add
2 oz. **Peanuts** or Pignolias flaked and rub the cranberry juice into the nuts with a wooden masher. Now add
1 oz. **Turnip,** Carrot, Celeriac, Parsley root, Parsnip or Sweet Potato grated and
1 oz. **Horseradish** grated and rub it all even with the masher. This cheese is deliciously piquant and sweet. If you would have it pungent use less turnip and more horseradish.

This recipe has tonic and purifying properties.

RHUBARB COTTAGE CHEESE

Mix and rub together

1 oz. **Pignolias** flaked very fine,
2 oz. **Peanuts** flaked very fine,
⅛ oz. **Mustard**, ground, (teaspoonful),
⅛ oz. **Caraway seed**, whole (teaspoonful) and
1 oz. **Rhubarb juice**. Mix all the ingredients at once. This cheese is sweeter and richer than Lemon Cottage Cheese.

HORSERADISH CHEESE PLAIN

Mix and rub together

1 oz. **Peanuts**, flaked, and
1 oz. **Horseradish** grated. This is an excellent "redhot" for sliced carrots, parsnips, eggplants and squashes.

CRANBERRY SAVORY CHEESE

Prepare like Cranberry butter and add to the weights as given

1 oz. **Parsley** or green Celery and other Savory herbs minced very fine. This is delicious when spread on sliced vegetables.

CELERIAC CHEESE

1 oz. **Peanuts** flaked and
2 oz. **Celeriac** or Hamburg Parsley root grated. This is a sweet relish.

SAVORY CHEESE

Mix and rub together

1 oz. **Rhubarb** juice and
2 oz. **Peanuts** flaked very fine. Let it stand 15 minutes and add and mix into it
1 oz. **Mixed Savory herbs** minced very fine; such as marjoram sage, thyme tarragon or parsley.

VEGETABLE SANDWICH FILLING

Mix and rub together

1 oz. **Rhubarb juice,**

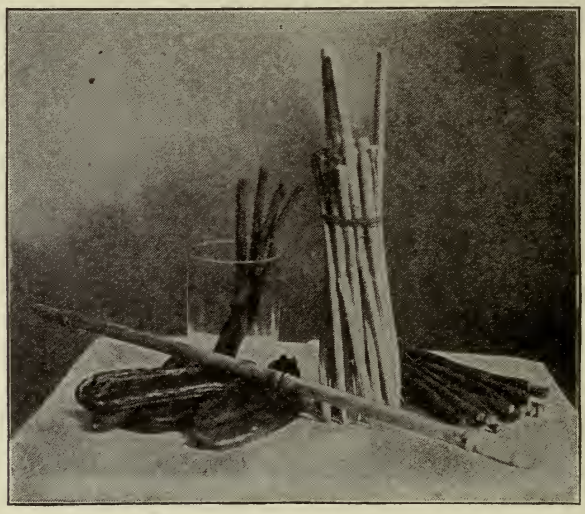
1 oz. **Peanuts** flaked very fine and

1 oz. **Carrot**, Parsley root or Parsnip grated, then add and mix into it

1 oz. **Celery stalks**, Cabbage or Kohl-rabi chopped. When Rhubarb cannot be had use twice the quantity of grated material.

NIBBLERS

Nibblers is an ounce dish of such natural food as needs no preparation or dressing which is to be eaten or nibbled at as a pastime between the first and second courses of a dinner. Nibblers is served in a small deep dish such as an egg cup and set on the table before the



SUGAR CANE PITHS, LICORICE-ROOTS AND CAROBS AS NIBBLERS.

dinner is served. The same nibblers should not be served for two succeeding dinners. Any one of the following foods may be served as nibblers.

Sweet Raisins.
Carobs (St. John's Bread).
Pecan meats.
Pignolia meats.
Walnut meats.
Pistachios.
Filberts.
Almond meats.
Peanuts, Spanish shelled.
Chufas (earth almonds, rush nut).
Cocoanut (an inch square chip).
Young peas.
Lima beans (green or dried).
Brazilian flour corn (whole).
Hulled buckwheat.
Hulled oats.
Dried olives (one-half ounce).

THE UTENSILS NEEDED FOR PREPARING THE UNFIRED FOODS

There is no such a thing as a kitchen for the naturists, sanatists or hygienists for they do not cook their food. Their nurse prepares all their food in the "pabularium," large pantry or nursery and she needs only the following list of utensils for her art :

A chopping bowl and

A double bladed chopping knife for chopping cabbage, roots and nuts.

A chopping board and

A cake knife with a 5 to 7 in. blade for chopping and mincing salad herbs.

A coarse grater for grating cocoanuts, roots, cucumbers, rhubarb stems and carobs.

A flaker (or a Dana food chopper, No. 20), for flaking nuts, cereals and for making piecrusts and confections. (See last page).

A wall mill with a glass canister or a table mill for grinding cereal meal.

An 8-inch cake ring.

A 6-inch cake ring.

A 3-inch muffin ring and

A one-half ounce butter form for wedding cake, fruit cakes, fruit muffins and half ounce breads.

A glass lemon juice burr.

A rinsing pan for washing herbs and roots.

A water boiler for heating water for winter soups.

An Enterprise Juice Extractor, No. 21. Price, $2.50 (optional).

A scale, weighing in ounces. A package scale will serve the purpose. Price, $1.50.

MEMORANDA

These blank pages are reserved for the insertion of good recipes from other sources or from experience. The author may occasionally publish, in the *Nature Cure Magazine,* new finds in the line of natural foods which may then be pasted on these pages. Do not scribble every trash you find on these pages, for it will be disgusting to you in the future, after many changes of unfoldment.

Materia Alimentaria

MATERIA ALIMENTARIA
FOOD

Food is the substance needed to sustain the normal functions of animal life in the production of heat and energy and in the building, rebuilding and replenishing the tissues and organic fluids of the body. Food in general consists of inorganic and organic material. The vegetable kingdom is the great organizer and the direct or indirect source of sustenance of the whole animal kingdom, man included. The materials necessary to sustain human life are air with its oxygen, water and vegetable products such as fruits, succulent herbs and roots, cereals and nuts. Man is not a carnivore by nature of his anatomical structure nor by his instinctive proclivities.

Flesh food is a second hand material, structurally approaching decomposition and saturated with the poisons of wear and waste which are a prolific cause of disease except for a hyena. Dairy products, such as milk and eggs are free from fatigue products or waste poisons, but being unnatural food for the human anatomical structure are also apt to cause disease. Fruits are mostly liquid food which is most wholesome. Fruits contain a sundigested stimulant, sugar, which is very refreshing. Nuts are the richest source of protein for tissue building. Cereals are the great source of starch for heat and energy. Vegetables are the most valuable succulent food, the juices of which are the prime source of tonic elements (organic salts). The indigestible fibre and cellulose in vegetables serves as a bulk for the intestines to work on and as a carrier of waste poisons.

AVERAGE FOOD ANALYSIS

In the following table is compiled the average and common analysis of nutrients and nutrient salts, from European and

American analytical chemists with an appendix demonstrating economical and hygienic values.

WATER (H_2O) as a component or ingredient of wholesome food has none but benificial attributes.

PROTEID or nitrogenous matter is generally composed of six elements (C., O., H., **N.**, P. and S.) in vaiable forms. It is useful in the construction and reconstruction of tissues. This demand, however, is not as large as the majority of doctors claim and the laity believe. Every particle of protein absorbed into the circulation that is not used in construction becomes destructive as it catabolizes into destructive acids and poisonous alkaloids such as carbonic, sulphuric, phosphoric, uric, hippuric acids and xantin, creatine creatinine and ptomaines. These acids then attack the living cells for their alkaline elements unless they are neutralized by an abundance of the positive nutrient salts in the blood and eliminated. The alkaloids must be dissolved by the positive nutritive salts for elimination or they become the food for germs and microbes which break them down into still worse poisons which then are the cause of fevers. Cellular waste and emotional poisons (explained elsewhere) absorbed along with flesh foods in addition to that created in the system is another source of food for the scavengers known as disease germs. All proteid food that is not sufficiently balanced with positive nutrient salts always becomes a source of trouble. Unfired proteid food is not craved, (nor digested when injested) unless there is a demand for it.

STARCH, SUGAR AND OIL (carbohydrates and hydrocarbons) are all composed of three elements (C., O. and H). They are useful in the production of heat and energy, but in this process they are reduced to carbon-dioxide gas which must be neutralized and eliminated by sodium or it will interfere with the process of digestion, oxydation, and cremation and thus produce anaemia. The natural unfried condition of starch, sugar and oil is the most beneficial to the "nature cure" patient. Cook-

AVERAGE FOOD ANALYSIS

This table is an average from the works of Drs. Koenig, Bunge, Lahman, Hensel, Atwater, Letheby, Payne and Pevy.

SIMILAR FOODS UNDER A COMMON HEAD.	FOOD ELEMENTS—PER CENT					ORGANIC TISSUE SALTS PER CENT									Guide to Economy				
						Positive, Operative El'm'ts Acid-binders.		Eliminators.		Tissue base	Passive and Negative Elements								
	Water	Protein (Nitro-Carbons.)	Oil (Hydro-Carbons)	Sugar, Starch, (Carbo-hydrates)	Organic Salts.	Iron +	Sodium +	Magnes'm +	Calcium +	Potassium +	Phosphorus	Sulphur −	Silicon −	Chlorine −	¼ oz. Organic Salt Contained in ? oz.	1/16 oz. Positive Salt contained in ? oz.	Calories Per Oz.	Price Per lb.	Calories for 1c.
	H_2O.	C.O.H. N. P. S.	C.O.H.	C.O.H.	?	Fe_2O_3	Na_2O.	MgO	CaO	K_2O	P_2O_5	SO_3	SiO_2	Cl.					
Salad Herbs	89.22	2.02	.35	6.71	1.70	2.22	14.36	4 90	14.60	27.55	13.42	10.50	4.63	7.82	14	10	10.80	3.	57
Dried	7.30	17.34	3.01	57.70	14.62													3.	126
Salad Roots	77.44	1.63	.25	18.65	2.03	1.66	15.33	4.26	7.78	42.09	13.52	6.66	2.84	5.86	12	10	23.70	1.	379
Dried	10.21	6.49	.99	74.23	8.08														
Herbal Fruits	88.17	1.47	.51	9.15	.70	3.31	14.41	3.45	9.15	35.31	15.32	6.29	8.23	4.53	36	30	13.37	4.	53
Dried	14.83	10.58	3.67	65.88	5.04													8.	46
Tree Fruits	80.00	.95	.70	17.60	.75	2.22	11.07	5.39	10.42	46.50	14.02	5.19	4.21	.98	33	28	22.87	2.	183
Dried	17.61	3.91	2.88	72.51	3.09														
Ripe Olives	47.40	3.46	38.90	7.40	2.90	.92	7.53	.20	7.45	80.67	1.35	1.06	.66	.18	10	16	147.74	15.	157
Dried	4.27	6.29	70.72	13.45	5.27														
Cereals	11.88	11.71	3.06	70.73	2.62	1.35	2.45	11.50	3.89	28.40	40.11	1.30	10.26	.74	9	12	101.50	4.	406
Chestnuts	40.25	6.35	4.53	47.05	1.82	.15	7.19	7.54	3.90	57.10	18.28	3.83	1.51	.50	14	18	72.52	10.	116
Dried	8.26	9.61	6.95	72.38	2.80														
Legumes	11.30	24.80	1.64	59.20	3 06	1.10	5.20	5.78	5.24	41.67	35.60	2.40	.86	2.15	6	9	99.69	8.	199
																		50.	60
Nuts	4.52	19.25	60.10	13.62	2 51	1.15	4.98	13.66	9.57	30.99	34 47	2.48	1.26	1.54	10	8	189.14	10.	302
Milk	86.35	4.00	3.90	5.00	.75	.53	9.52	2.95	21.36	23.91	27.36	.29	.04	14.04	33	24	38.08	4.	152
Eggs	73.07	14.35	11.03	.50	1.05	.42	23.46	1.13	11.22	16.48	37.53	.32	.32	9.12	25	17	44.66	24.	30
																		20.	35
Flesh (Average)	71 32	19.63	8.20		.85	.69	4.17	3.18	1.78	41.02	42.21	1.59	1.09	4.27	30	75	43.14	15.	46

ing slightly changes the nature of sugar (unfavorably) and frees its nutrient salts.

The beneficial nature of starch is almost ruined by cooking. Dr. Hutchison, a recognized authority on dietetics says: "cooking does not improve the digestibility of starch." Cooked starch is generally saturated with water which interferes with the penetration of saliva(pthyalin) which is to convert it into sugar. Cooked starch tempts to overingestion. Starch rendered soluble by cooking and glucose (starch cooked with acid fruit) is to be avoided religiously by the "nature cure" patient and all who would maintain the best of health. This form of starch penetrates into the circulation undigested, as a foreign substance, interferes with arterial osomsis, and finally buredns the liver to be changed into glycogen or lays the foundation for arterio-sclerosis.

The Organic Tissue Salts which are found in analyzing the ash, are divided into positive acid-binders, detoxicators, eliminators and negative acid-forming elements. The positive elements are the most important in the "nature cure" system. These elements are nature's only means to establish, reestablish and maintain an equilibrium between the constructive and destructive functions, (anabolism and catabolism).

The Calory is the unit by which is measured and indicated the amount of heat and energy that can be derived from any food. One-fourth ounce of tissue salt is the average requirement per day. One-fourth of this amount should be positive and detoxicating tissue salt.

The most extreme daily requirements are:

Carbo-hydrates	9 oz.
Proteids	2 oz.
Oil	1.5 oz.
Nutrient salts	½ oz.

The indicated weight of each of the following foods, as a single diet, is more than enough of all the required elements for a day.

10 to 15 oz.....Cereals
6 to 8 oz.....Nuts or
40 to 50 oz.....Fruits and Vegetables

In the unfired state only two-thirds of the above weights are required.

Study these tables well and you will have the shortest way to the fundamental understanding of hygienic and economical food selection.

RELATIVE RATIO OF NUTRIENTS TO DETOXYL

I would like to impress the reader with the fact that

All proteid food intended to sustain and reestablish health must, of necessity, be well balanced with the positive, detoxicating, (acid-binding and eliminating) elements. Why? Because protein is composed of C., O., H., N., P. and S., which resolve into five different destructive acids, while carbo-hydrates are composed of Carbon, Oxygen and Hydrogen, which resolve only into one gaseous acid. As long as the carbohydrate group is unfired the system can protect itself; for it will not digest and absorb more than is needed.

The most important acid-binding elements (Fe., Na., Mg. and Ca.) we will consider in a group and call it Detoxyl. All foods that predominate in acid-forming elements are negative, and foods that predominte in acid-binding elements are positive. If the reader will carefully study the following tables the reason for the above statements will become very clear. Multiply the percentage under positive salts by four and compare the result with the percentage under mineral matter. This will reveal to you a significant relation and the operation of the next following table.

You will now have noticed that the vegetables and fruits are very rich in organic tissue salts and that their aggregate percentage of the positive salts runs extremely high. The cereals have not much to spare. Hence we cannot afford to

RELATIVE RATIO OF NUTRIENTS TO DETOXYL

The variable ingredient, water, has been deducted in this table to show the comparative amounts from a common basis.

	Water Detucted	Raised to 100 Parts Without Water				The Proportionate Sum of the Positive Salts, Fe., Na., Mg. and Ca.
		Protein	Oil	Sugar Starch	Mineral Matter	
Salad Herbs	89.22	18.74	3.25	62.24	15.77	5.67
Salad Roots	77.14	7.22	1.11	82.67	9.00	2.61
Herbal Fruit	88.17	12.43	4.31	77.34	5.92	1.77
Tree Fruit	80.00	4.75	3.50	88.00	3.75	1.09
Cereals	11.88	13.29	3.47	80.27	2.97	.56
Legumes	11.30	27.96	1.85	66.74	3.45	.59
Nuts	4.52	20.16	62.95	14.26	2.63	.76
Milk	86.35	29.30	28.57	36.63	5.50	1.87
Eggs	73.07	53.29	40.96	1.85	3.90	1.40
Flesh	71.32	68.79	28.25	.....	2.96	.29
Ox Blood	80.80	94.39	1.04	.15	4.42	2.47
Spinach	90.26	27.98	4.40	41.93	25.69	14.64
Lettuce	95.00	23.43	5.05	54.12	17.40	5.84
Cabbage	90.02	20.27	3.62	63.88	12.23	4.65
Water Melon	92.00	7.23	4.82	80.72	7.23	2.11
Tomato	94.30	15.79	7.02	68.42	8.77	.....

PROTEID AND DETOXYL COMPARED

Compare the First and Second Columns with the Third	Mineral Matter Multiplied by Ten	Detoxyl Multiplied by Forty	Protein as in the Previous Table	Positive Neutral Negative
Salad Herbs	157.7	226.8	18.74	Positive
Salad Roots	90.0	104.4	12.1 to 1. 7.22	Positive
Herbal Fruits	59.2	70.8	14.4 to 1. 12.43	Positive
Tree Fruits	37.5	43.6	5.7 to 1. 4.75	Positive
Cereals	29.7	22.4	9.1 to 1. 13.29	Positive
Legumes	34.5	23.6	1.7 to 1. 27.96	Neutral
Nuts	26.3	30.4	.8 to 1. 20.16	Positive
Milk	55.0	74.8	1.5 to 1. 29.30	Positive
Eggs	39.0	56.0	1.6 to 1. 53.29	Neutral
Flesh	29.6	11.6	1. to 1. 68.79	Negative
Ox Blood	44.2	98.8	.2 to 1. 94.39	Neutral
			1. to 1.	

polish them or discard their brans. The legumes tend to predominate in negative salts. The nuts predominate in positive salts. Milk is positive. Eggs and ox blood are about alike. Flesh food runs remarkably low in tissue salts and is extremely wanting in positive salts. Healthy blood is slightly alkaline. That means that the positive elements have neutralized the acids and have formed urates and alkaloids which are ready to be eliminated. Hence we take ox-blood as a standard of neutrality.

THE POTASSIUM AND SODIUM SALTS COMPARED

The organic potassium salt is not ruined very much by cooking as it is quite stable. The organic sodium salt, however, is very frail and it only requires a scalding temperature to break it up, when it immediately unites with some element in closer affinity, thus becoming a useless inorganic and stable salt which is so soluble that it is generally washed away with the scalding or boiling fluid to be cast away. This act is unfortunate for cooked food because potassium is by nature superabundant in the foods chosen to be cooked and then cooking renders them still more unbalanced.

For this reason instinct has revealed the want of organic sodium and thereby has demanded the substitution of the inorganic sodium-chlorid (table salt) in cooked foods. Chemistry reveals that potassium may change partners with sodium, but that would not improve conditions since the resulting salts would still be inorganic. The author has sought four years for the redeeming good that the inorganic table salt might work in the human body, but he has been disappointed in finding that it can do nothing but injury. The organic sodium salt, on the other hand, is as useful and necessary in the blood as organic iron. It is nature's anti-toxine.

Organic sodium in unfired foods has a most favorable constitution in that it is more easily digested and absorbed than the organic potassium. Thus nature has, fortunately, provided

a balancing tendency. Organic (uncooked) potassium may, and does, neutralize waste acids in the absence of sodium but, it is more useful as a tissue base.

THE PERCENTAGE OF SODIUM AND POTASSIUM COMPARED

	Sodium	Potassium	Ratio
Salad Herbs	14.36	27.55	1 to 1.9
Salad Roots	15.33	42.09	1 to 2.7
Herbal Fruits	14.41	35.31	1 to 2.4
Tree Fruits	11.07	46.50	1 to 4.2
Olives	7.53	80.67	1 to 10.7
Cereals	2.45	28.40	1 to 11.6
Chestnuts	7.19	57.10	1 to 7.9
Legumes	5.20	41.67	1 to 8.0
Nuts	4.98	30.99	1 to 6.2
Milk	9.52	23.91	1 to 2.5
Eggs	23.46	16.48	1 to .7
Flesh	4.17	41.02	1 to 9.8

ORGANIC IRON

Iron is the oxydizing agent in the blood. Upon iron depends the distribution of oxygen for combustion and digestion. It is only available for constructing red blood, when bound in organic molecules. Cooking frees the iron from the organic molecule and renders it as useless as iron filings. Organic iron, when cooked, is in the form of a dilute, tincture of iron (a dilute poison) which is generally cast away with the boiling fluid. Never cook foods that are intended for toning the blood. Organic iron is indicated in anaemia and general debiity. Foods rich in this element are as important for the maintenance of health as for regaining health. The following table shows what foods are richest in organic iron.

FOR ORGANIC IRON

The water is not included in these figures.

	Per cent. of Iron.
Lettuce	.91
Spinach	.86
Strawberries	.38
Radishes	.33
Asparagus	.32
Cabbage	.21
Onions	.13
Gooseberries	.13
Horse Radish	12
Lentils	.07
Barley	.05

SODIUM

Organic sodium is the most important of the positive tissue salts in the blood. Sodium has a strong affinity for waste phosphoric acid. It neutralizes this forming sodium-phosphate a stable molecule which has the capacity to accomodate a companion atom of sodium in loose affinity. In this form this molecule is very useful in the blood. It travels along in the blood until it meets carbon-dioxide. Mr. loose sodium is resistlessly attracted to the last and unites with her forming sodium-carbonate. Carbondioxide, however, loves freedom better than Mr. sodium and on arriving at the lungs she makes her escape. Mr. sodium now goes back to his brother sodium-phosphate. This molecule (di-sodium-phosphate) is now ready to repeat the same trick. Sodium also neutralizes the other waste acids forming sodium-sulphate, sodium-nitrate and urate of sodium, in which form they can be eliminated or reutilized.

Without a plenty of sodium in the blood the poisonous waste acids would accumulate, attack the living cells and render the

blood viscid, while carbon-dioxide gas would saturate the blood, turn it blue and then penetrate into the tissue and asphyxiate the whole metabolic process. Obesity is generally caused by the customary cooked diet in which organic sodium salt has been catabolized and rendered unavailable. When the system gets overstocked with the degenerate cells and waste poisons obesity finally develops into rheumatism, consumption, anaemia and other diseases. All such diseases can only be successfuly prevented and cured by an unfired diet rich in sodium and other organic positive salts, judiciously administered in connection with plenty of fresh air, sunshine, water and exercises to assist in distribution.

ORGANIC SODIUM

The water is not included in these figures

	Per cent. of Sodium.
Spinach	8.68
Swiss Chard	6.27
Radishes	2.50
Strawberries	1.85
Leek	1.75
Pumpkins	1.79
Asparagus	1.61
Carrots	1.47
Dandelion	1.40
Cabbage	1.37
Lettuce	1.31
Rampion	1.13
Cucumbers	1.04
Apples	.86
Figs	.77
Artichokes	.51
Lentils	.44

MAGNESIUM

Organic magnesium is important in the construction of bone and cartilage in which it is found in the form of Magnesium phosphate and other forms. It lends flexibility to the bones and elasticity to the muscles and other tissue. As a positive element it is most important in the blood to neutralize waste acids which would otherwise attack the living tissue. This element like iron is unorganized by the influence of fire.

ORGANIC MAGNESIUM

The water is not included in these figures.

	Per Cent of Magnesium
Spinach	1.65
Lettuce	1.08
Beechnuts	.55
Almonds	.48
Cucumbers	.43
Barley	.39
Corn	.29
Walnuts	.27
Figs	.27
Wheat	.26
Rye	.24

CALCIUM

Calcium is the most important constituent of the bony framework and the teeth. Mothers' teeth often suddenly decay when this element is scantily supplied in her food or when unorganized by fire. During the age of tooth construction the food should be rich in organic calcium otherwise the teeth will decay in later years. If by accident the enamel of any tooth is injured avoid chewing acid fruit on that side; keep the teeth clean; the stomach sweet and eat foods rich in organic calcium and the injury will heal and often small cavities will cease to decay. Organic calcium is another positive element most useful in the blood to neutralize waste acids which are the cause of all diseases.

ORGANIC CALCIUM

The water is not included in these figures.

	Per Cent of Calcium
Spinach	3.06
Cabbage	2.62
Lettuce	2.56
Radishes	1.65
Onions	1.29
Asparagus	1.02
Strawberries	.92
Carrots	.78
Figs	.56
Prunes	.43

POTASSIUM

Potassium, the fifth of the positive elements, is not so active in the process of neutralization and elimination but acts as a solid tissue base. It is to the muscles and the softer tissues what calcium is to the bones. It is not necessary to select for potassium as all natural foods contain it in abundance; but in health or disease, always, select for iron, sodium, magnesium and calcium. In cases of scurvy and rachitis selection for potassium is indicated.

ORGANIC POTASSIUM

The water is not included in these figures.

	Per Cent of Potassium
Lettuce	6.54
Cauliflower	5.51
Olives	4.45
Cucumbers	4.28
Spinach	4.26
Radishes	3.78
Cabbage	3.36
Potatoes	2.75
Horseradish	1.98
Onions	1.91

PHOSPHORUS

Phosphorus is a negative element and forms a powerful acid which forms neutral salts in combination with all the positive elements such as ferous-phosphate, sodium-phosphate, magnesium-phosphate and calcium-phosphate. These salts are found abundantly in the bones and cartilage and in small quantities in the brain and nerves. The table below shows that an unfired food diet contains enough phosphorus for all demands.

ORGANIC PHOSPHORUS

The water is not included in these figures.

	Per Cent of Phosphorus
Pumpkins	2.79
Spinach	2.63
Lima Beans	2.10
Cucumbers	2.08
Cabbage	1.80
Lentils	1.20
Almonds	1.19
Barley	1.02
Rye	1.02
Wheat	1.00
Onions	.98
Walnuts	.89
Potatoes	.77
Apples	.45

SULPHUR

Sulphur like phosphorus belongs to the negative elements and is well represented in vegetables and fruit. It is used in the construction of hair, nails, cuticle and proteid matter. It needs little attention in the health question except to guard against the accumulation of its destructive waste products.

ORGANIC SULPHUR

The water is not included in these figures.

	Per Cent of Sulphur
Horseradish	1.98
Spinach	1.77
Cauliflower	1.57
Cabbage	1.00
Radishes	.76
Asparagus	.58
Cucumbers	.55
Onions	.32
Potatoes	.29
Figs	.19

SILICON

Traces of silicon are found throughout the whole body. It is an important constituent in the enamel of the teeth and in the structure of hair, finger nails and cuticle. It is claimed to be a component of nerve fibre insulation. Science has not yet delved into the radiatory functions of the organic elements composing the animal organism. Organic Silicon is an important ingredient in the food of the expectant mother to safeguard her own teeth and to supply the demand of the unborn and nursling.

ORGANIC SILICON

The water is not included in these figures.

	Per Cent of Silicon
Lettuce	1.41
Oats	1.31
Spinach	1.16
Asparagus	.95
Barley	.89
Horseradish	.82
Strawberries	.78
Cucumbers	.61
Onions	.47
Cherries	.30

CHLORINE

Chlorine is a component of hydro-chloric acid which is secreted as an intestinal antiseptic. It needs no detailed description as a judicious variety of food supplies it abundantly for the animal metabolism.

ORGANIC CHLORINE

The water is not included in these figures.

	Per Cent of Chlorine
Spinach	1.62
Lettuce	1.33
Radishes	1.08
Cabbage	.97
Asparagus	.55
Cucumbers	.51
Carrots	.31
Cocoanuts	.26
Potatoes	.16
Lentils	.15

NON-FERMENTABLE FOODS

The following list of vegetables is arranged in the order of alkalinity. These roots do not and can not ferment in the stomach. They counteract existing fermentation, neutralize the acids, relax the pylorus and leave the stomach sweet. The pylorus does not and can not relax and pass fermenting foods and hence such food continues fermenting until it neutralizes itself by decay. There is a cause for this. The digestive juices of the stomach are acid and the faithful pylorus is not supposed to pass the contents until the acids have become neutralized

upon the foods; besides the astringency of the acid produced by fermentation makes it impossible for the sphincter muscles to relax.

The intoxicating product of intestinal fermentation retards and perverts the peristaltic function of the intestines and thus becomes the cause of constipation. The uncooked vegetable fibre and cellulose has the mechanical property of stimulating the peristaltic contractions and relaxations. All cooked foods are very much inclined to ferment because the applied heat frees and neutralizes their alkaline atomic ingredients. The potato, which is the most unfermentable while uncooked, will readily ferment after it is cooked. All succulent roots and herbs that are intended to cleanse the system of morbid matter are intended as laxatives and tonics must never be cooked or scalded. They may be prepared as directed under Salads but the most effective and artistic way to serve them as a curative food is prescribed under Simplicity Salads. Where the stomach has been abused for a long time with unnatural foods so that its function is incorrigibly perverted it may be advisable to avoid all cooked starchy and proteid foods and sweet fruits until the stomach and intestines have been sufficiently toned and recuperated to resist an accidental abuse. Cereal foods should not be eaten soaked or moistened except with saliva which is intended for this purpose. In correcting stomach troubles it is best to start with the potato and peanuts and chew them together the first day. The next day take the carrot and pignolias or another nut and so on through the list allowing yourself more variety of preparation and combination as you go on but on being cured do not slide back to cooked victuals and ——!

Some sweet fruits have a tendency to ferment in the stomach when they are eaten before the stomach is emptied of the previous meal or when there is no systemic demand for that sweet element. When this is noticed take a medium handful of Pignolias, Peanuts or other nuts and chew them carefully. The protein of the nuts will absorb and neutralize the

acid produced unless your stomach is full to the neck. If you have eaten too much it is best to submit to vomiting.

NON-FERMENTABLE VEGETABLES

Irish Potato	Cabbage
Carrot	Dandelion
Sweet Potato	Sorrel
Artichoke	Cress
Parsnip	Spinach
Salsify	Eggplant
Turnip	Radish
Kohl-rabi	Celery
Winter Kale	Lettuce

DRY ANALYSIS OF FOOD

The following table is carefully computed from the best analytical tables; all of which include the per cent of water. Athough water is a most essential element in food it is so variable in the various natural foods that it makes it impossible to comprehend at a glance what their ultimate and comparative food value could be. All food material in the blood is carried in 80 per cent of water. Nature has provided the most valuable health foods (succulent herbs and fruits) with 75 to 95 per cent of water. All the dryer foods must be well diluted in the process of digestion before they can be absorbed into the blood. All foods are finally equally diluted. With these hints the reader will appreciate why the author has computed the table; although there is no natural food that does not contain water as an ingredient. From the column under "calories" it will be observed that all natural foods are practically alike as to their value for heat and energy when equally diluted with water. The column under "salts" demonstrates which foods are richer in "detoxyl" and tonic elements. Finally the table proves that the more dilute foods are generally richer in the essential organic salts than the more concentrated food.

DRY ANALYSIS OF FOOD, FOR COMPARING THEIR VALUE

	Protein	Oil	Carbo-hydrates	Salts	Calories Per Ounce
Celery	20.4	2.3	59.1	18.2	96.2
Lettuce	23.4	5.1	54.1	17.4	101.0
Cabbage	20.3	3.6	63.9	12.2	104.9
Radishes	17.6	1.5	69.1	11.8	102.4
Cucumbers	15.2	12.9	61.5	10.4	119.8
Tomatoes	15.8	7.0	68.4	8.8	113.5
Watermelons	7.3	4.8	80.7	7.2	112.2
Carrots	17.7	1.6	73.8	6.9	108.1
Lima Beans	22.5	2.2	69.9	5.4	110.7
Potatoes	10.1	.5	84.8	4.6	109.2
Oranges	6.3	1.6	87.9	4.2	111.2
Bananas	5.3	2.5	88.5	3.7	113.0
Oats, hulled	14.5	7.0	75.1	3.4	119.6
Apples	2.4	3.1	91.2	3.3	114.3
Almonds	22.0	57.7	17.6	2.7	190.7
Peanuts	28.1	42.5	27.2	2.2	170.2
Dates	2.5	3.3	92.1	2.1	115.9
Wheat, whole	14.0	2.5	81.4	2.1	114.8
	=100				

THE SALTS AND PROTEIDS OF NUTS COMPARED

	The Percent of Ash Salts	The Percent of Protein	Ratio	Fuel Value Calories per oz.
Cocoanuts	1.7	5.7	1 to 3.3	52.36
Chestnuts	1.8	6.3	1 to 3.5	72.10
Pignolias	3.0	14.6	1 to 4.1	192.47
Brazil Nuts	3.9	17.0	1 to 4.4	195.97
Pecans	1.9	9.6	1 to 5.0	205.33
Filberts	2.4	15.6	1 to 6.5	197.41
Hickory Nuts	2.1	15.4	1 to 7.3	200.67
Almonds	2.6	21.0	1 to 8.1	181.50
Walnuts	2.0	18.3	1 to 9.0	197.71
Butternuts	2.9	27.9	1 to 9.3	190.15
Peanuts	2.0	25.5	1 to 12.7	154.56
Ground Nuts	1.8	24.5	1 to 13.6	167.43

COMPOSITION OF CEREALS

	Water	Proteid	Oil	Carbohydrates		Ash	Fuel Value in Calories per oz.
				Starch	Cellulose		
Oats, hulled	10.5	13.0	6.3	65.2	2.0	3.0	104.9
Barley, hulless	10.5	12.4	1.8	69.8	2.7	2.8	98.0
Millet (Hirse)	11.3	11.3	3.6	67.3	4.2	2.3	98.5
Kaffir Corn	12.1	9.3	4.4	70.4	1.5	2.2	102.0
Milo-Maize	.....	.....	.....	....	....	....	.....
Jerusalem Corn	.....	.....	.....	....	....	....	.....
Buckwheat, hulled	12.6	10.4	3.0	70.3	1.7	2.0	99.4
Rye	11.6	10.6	1.7	72.0	1.7	1.9	98.2
Wheat, spring unpeeled	10.4	12.5	2.2	71.2	1.8	1.9	98.1
Wheat, winter	10.5	11.8	2.1	72.0	1.8	1.8	.....
Spelt (Emmer Wheat / Green Kern)	.....	.....	.....	....	....	....	.....
Corn	9.5	9.9	3.8	73.7	1.4	1.7	104.7
Sweet Corn	.....	.....	.....	....	....	....	.....
Rice Corn	.....	.....	.....	....	....	....	.....
Flour	.....	.....	.....	....	....	....	.....
Brazilian Flour Corn	.....	.....	.....	....	....	....	.....
Rice, unpolished	12.4	7.6	.9	67.4	1.5	1.2	98.1
Rice, polished	.....	.....	.....	....	....	.4	.....
White Bread	33.4	8.6	.9	56.6	....	.5	76.4
Banana Meal	12.0	4.7	2.2	77.9	....	3.2	99.6

COMPOSITION OF NUTS

	Water	Protein	Oil	Carbohydrates	Ash or Salts
Cocoanuts	15.0	5.7	50.6	27.9	1.7
Cocoanut-Milk	91.5	7.2	.1	.....	1.2
Chestnuts	40.3	6.3	4.5	47.1	1.8
Pignolias	3.3	14.6	61.9	17.2	3.0
Brazil Nuts	5.3	17.0	66.8	7.0	3.9
Pecans	2.7	9.6	70.5	15.3	1.9
Filberts	3.7	15.6	65.3	13.0	2.4
Pistachios	4.2	22.3	54.0	16.3	3.2
Hickory Nuts	3.7	15.4	67.4	11.4	2.1
Almonds	4.8	21.0	54.9	16.7	2.6
Walnuts	2.5	18.3	64.2	13.0	2.0
Butternuts	4.4	27.9	61.2	3.5	2.9
Peanuts	9.2	25.5	38.6	24.7	2.0
Ground Nuts	7.5	24.5	50.0	11.7	1.8

COMPOSITION OF LEGUMES

	Water	Protein	Oil	Carbo-hydrates	Ash or Salts	Fuel Value Calories per oz.
Lima Beans	10.0	20.3	2.0	62.8	4.9	99.57
Water Deducted					5.4	
Navy Beans	12.6	22.5	1.8	59.6	3.5	97.93
Water Deducted					4.0	
Lentils	12.0	25.0	1.9	58.3	2.8	99.55
Water Deducted					3.3	
Peas	9.5	24.6	1.0	62.0	2.9	101.03
Water Deducted					3.2	

FOOD VALUE OF SALAD HERBS, ROOTS AND SEEDS

	Calories per Ounce		Calories per Ounce
Spinach	7.8	Radishes	8.0
Celery	5.3	Beets	13.1
Lettuce	5.0	Parsnips	17.0
Endive	5.9	Turnips	11.1
Dandelion	15.2	Sweet Potatoes	34.5
Cabbage	10.5	Carrots	14.0
Plantain	9.7	Artichokes	22.4
Parsley	16.1	Potatoes	24.0
Sorrel	16.5	Spring Beans	11.8
Asparagus	8.6	Sugar Peas	9.8
Pimpinella	27.8	Lima Beans	34.9
Onions	11.7	Green Corn	28.7

FRUITS

	Water	Protein	Oil and Acid	Sugar and Starch	Ash or Saline Matter	Fuel Value or Calories per ounce
Cucumbers	95.20	.73	.62	2.95	.50	5.75
Water Deducted		15.21	12.93	61.46	10.40	
Tomatoes	94.30	.90	.40	3.90	.50	6.47
Water Deducted		15.79	7.02	68.42	8.77	
Pumpkins	88.00	1.55	.28	9.18	.99	
Water Deducted					8.24	
Watermelons	92.00	.60	.40	6.70	.60	9.31
Water Deducted		7.23	4.82	80.72	7.23	
Strawberries	90.77	1.03	.60	7.00	.60	11.23
Water Deducted		11.15	6.51	75.84	6.50	
Muskmelons	89.50	.60	.05	9.25	.60	11.33
Water Deducted					5.71	
Currants	85.00	1.50	.20	12.60	.70	16.54
Water Deducted					4.66	
Oranges	87.00	.82	.20	11.43	.55	11.57
Water Deducted		6.31	1.54	87.92	4.23	
Raisins, Dried	14.60	2.60	3.30	76.10	3.40	97.85
Water Deducted		3.05	3.86	89.11	3.95	
Prunes	84.10	.70	.10	14.50	.60	17.54
Dried	22.00	3.43	.49	71.14	2.94	86.06
Water Deducted		4.40	.63	91.20	3.77	
Bananas	75.10	1.33	.62	22.03	.92	28.14
Water Deducted		5.34	2.49	88.47	3.70	
Cherries	82.40	1.00	.80	15.20	.60	20.45
Water Deducted					3.40	
Apricots	85.00	1.05	.21	13.23	.51	16.77
Dried	29.40	4.94	1.00	62.28	2.38	78.99
Water Deducted		7.00	1.42	88.22	3.36	
Apples	84.60	.38	.48	14.04	.50	17.61
Dried	28.00	1.77	2.23	65.66	2.34	82.33
Water Deducted		2.45	3.10	91.20	3.25	
Figs	79.67	1.50	.30	17.93	.60	21.86
Dried	18.50	6.10	1.21	71.87	2.41	90.53
Water Deducted		7.38	1.48	88.19	2.95	
Gooseberries	85.00	.56	1.42	12.60	.42	18.55
Water Deducted					2.80	
Pineapples	89.30	.40	.30	9.70	.30	12.24
Water Deducted		3.74	2.80	90.66	2.80	
Persimmons	66.10	.80	.70	31.50	.90	38.51
Water Deducted					2.65	
Pears	84.40	.60	.50	14.10	.40	17.98
Water Deducted					2.56	
Grapes	78.30	1.30	1.60	18.30	.50	26.32
Water Deducted					2.30	
Dates	55.01	1.12	1.47	41.46	.94	
As Bought	15.35	2.11	2.77	78.00	1.77	88.12
Water Deducted		2.49	3.27	92.15	2.09	
Mulberries	84.71	.36	1.86	12.41	.66	19.49
Raspberries	84.10	1.70	1.00	12.60	.60	18.79
Peaches	84.30	.50	.10	14.80	.30	17.65
Water Deducted					1.91	
Huckleberries	81.90	.60	.60	16.60	.30	21.08
Nectarines	82.90	.60		15.90	.60	18.76
Lemons	89.30	.95	.70	9.00	.50	24.46

SALAD HERBS

	Water is Deducted	Protein	Oil	Sugar Starch	Ash
Spinach	90.26	27.98	4.40	41.93	25.69
Portulaca Oleracea	92.61	30.31	5.41	43.17	21.11
Celery	94.50	20.46	2.27	59.09	18.18
Swiss Chard	92.50	20.47	5.87	55.90	17.76
Lettuce	95.00	23.43	5.05	54.12	17.40
Dill	83.84	21.53	5.44	58.05	14.98
Goosefoot, White	79.53	19.25	3.71	62.29	14.75
Endive	94.13	29.50	2.22	54.31	13.97
Dandelion	85.63	19.56	4.80	62.42	13.22
Rhubarb Stalks	94.80	10.59	5.00	71.86	12.55
Cauliflower	90.90	24.51	4.18	58.90	12.41
Leek	87.62	26.09	5.57	55.98	12.36
Cabbage	90.02	20.27	3.62	63.88	12.23
Mugwort	79.01	26.49	5.53	55.83	12.15
Rampion	93.40	40.90	6.10	40.90	12.10
Plantain	81.50	14.32	2.22	71.78	11.68
Parsley	85.05	24.48	4.81	59.47	11.24
Sorrel	92.19	30.98	6.14	52.38	10.50
Summer Savory	77.88	19.76	6.46	64.24	9.54
Asparagus	92.00	27.15	3.46	59.95	9.44
Pimpinella	75.35	22.92	4.99	65.11	6.98
Onion	89.60	13.03	3.42	77.91	5.64

(Cellulose, which is so useful in stimulating intestinal peristalsis, constitutes from 1 to 6 per cent of herbs. It is included in the carbohydrates.)

SALAD ROOTS

	Water is Deducted	Protein	Oil	Sugar Starch	Ash
Radishes	92.17	17.54	1.50	69.12	11.84
Beets	87.50	13.00	1.00	77.00	9.00
Parsnips	84.25	10.32	3.17	77.78	8.73
Rutabagas	83.70	21.08	1.00	69.57	8.35
Turnips	89.57	12.32	1.37	78.09	8.22
Kohlrabi	85.57	33.75	1.45	56.69	8.11
Sweet Potatoes	67.80	6.22	1.86	83.85	8.07
Celeriac	84.10	9.91	2.85	80.24	7.00
Carrots	87.05	17.72	1.54	73.79	9.95
Horseradish	76.70	11.58	.35	80.47	6.44
Artichokes	79.50	12.64	.98	81.36	5.02
Potatoes	78.00	10.14	.46	83.81	4.59

SALAD SEEDS

	Water is Deducted	Protein	Oil	Sugar Starch	Ash
String Beans	89.25	21.00	3.00	69.00	7.00
Sugar Peas	91.00	22.31	1.58	69.21	5.90
Young Green Peas	74.60	27.56	1.97	66.53	3.94
Lima Beans	68.50	22.54	2.22	69.84	5.40
Green Corn	75.40	12.60	4.47	80.08	2.85

CEREALS
THE COMPOSITION OF THE ASH IN FRACTIONS OF 100 PARTS

The Water is Deducted in These Figures	Percent of Total Salts	Iron	Sodium	Magnesium	Calcium	Potassium	Phosphorus	Sulphur	Silicon	Chlorine
Oats	3.35	.04	.06	.25	.12	.61	.87	.06	1.31	.03
Barley	3.10	.05	.13	.39	.02	.51	1.02	.09	.89	....
Buckwheat	2.29	.04	.14	.28	.10	.53	1.11	.05	.005	.03
Rye	2.15	.03	.02	.24	.06	.68	1.02	.06	.03	.01
Wheat	2.12	.03	.05	.26	.07	.65	1.00	.01	.04	.007
Corn	1.90	.02	.02	.29	.04	.57	.86	.02	.04	.04
Rice	1.37	.02	.06	.15	.05	.33	.71	.007	.04	.001

NUTS
THE COMPOSITION OF THE ASH IN FRACTIONS OF 100 PARTS

The Water is Deducted in These Figures	Percent of Total Salts	Iron	Sodium	Magnesium	Calcium	Potassium	Phosphorus	Sulphur	Silicon	Chlorine
Cocoanuts	2.00	....	.17	.18	.09	.86	.33	.10	.01	.26
Almonds	2.73	.02	.01	.48	.23	.77	1.19	.01	.008	.006
Walnuts	2.05	.03	.05	.27	.18	.63	.89	.001	....	....
Chestnuts	3.01	.005	.21	.22	.12	1.72	.55	.11	.05	.02

LEGUMES
THE COMPOSITION OF THE ASH IN FRACTIONS OF 100 PARTS

	Percent of Salts After Water is Deducted	Iron	Sodium	Magnesium	Calcium	Potassium	Phosphorus	Sulphur	Silicon	Chlorine
Lima Beans	5.4	.03	.06	.38	.27	2.25	2.10	.18	.03	.10
Lentils	3.3	.07	.44	.08	.21	1.15	1.20	....	....	.15
Peas	3.2	.03	.04	.26	.15	1.38	1.15	.11	.03	.05

FRUITS
THE COMPOSITION OF THE ASH IN FRACTIONS OF 100 PARTS

The Water is Deducted in These Figures	Percent of Total Salts	Iron	Sodium	Magnesium	Calcium	Potassium	Phosphorus	Sulphur	Silicon	Chlorine
Strawberries	6.50	.38	1.85	....	.92	1.37	.90	.20	.78	.10
Gooseberries	2.80	.13	.28	.16	.34	1.08	.55	.17	.07	.02
Cucumbers	10.40	.14	1.04	.43	.76	4.28	2.08	.55	.61	.51
Pumpkins	8.24	.22	1.79	.29	.65	1.65	2.79	.20	.62	.03
Apples	3.30	.05	.86	.29	.13	1.18	.45	.20	.14	....
Figs	2.9	.04	.77	.27	.56	.84	.04	.19	.16	.08
Prunes	3.77	.09	.34	.13	.43	1.83	.60	.18	.15	.02
Olives	5.51	.05	.41	.01	.41	4.45	.07	.06	.04	.01
Cherries	3.40	.07	.08	.19	.25	1.76	.54	.17	.30	.04
Watermelons	7.23	.32	.68	.39	.72	3.24	1.01	.38	.28	.21
Pears	2.56	.03	.22	.13	.20	1.40	.39	.14	.04	.01
Grapes	2.30	.01	.03	.11	.26	1.29	.36	.14	.06	.03
Peaches	1.90	.02	.16	.10	.15	1.04	.29	.11	.03	....
Blueberries	1.65	.08	.08	.10	.13	.96	.29	.05	.02	....

VEGETABLES

	Percent of Salts After Water is Deducted	Iron	Sodium	Magnesium	Calcium	Potassium	Phosphorus	Sulphur	Silicon	Chlorine
Spinach	25.69	.86	8.68	1.65	3.06	4.26	2.63	1.77	1.16	1.62
Swiss Chard	17.76	.23	6.27	.76	2.11	4.49	1.94	.69	.53	.74
Lettuce	17.40	.91	1.31	1.08	2.56	6.54	1.60	.66	1.41	1.33
Dandelion	13.22	.12	1.40	1.13	2.70	5.24	1.05	.29	.94	.35
Cauliflower	12.41	.12	.73	.46	.69	5.51	2.45	1.57	.46	.42
Leek	12.36	.94	1.75	.36	1.28	3.79	2.04	.91	.91	.38
Cabbage	12.23	.21	1.37	.44	2.62	3.36	1.80	1.00	.46	.97
Rampion	12.10	.02	1.13	.26	.72	5.50	1.02	.47	2.42	.56
Radishes	11.84	.33	2.50	.36	1.65	3.78	1.28	.76	.10	1.08
Asparagus	9.44	.32	1.61	.40	1.02	2.26	1.75	.58	.95	.55
Rutabagas	8.35	.05	.47	.32	.94	3.92	1.21	.80	.09	.55
Kohlrabi	8.11	.24	.53	.55	.88	2.84	1.76	.71	.20	.40
Celeriac	7.00	.10	.02	.40	.90	2.96	.89	.38	.27	1.08
Carrots	6.95	.07	1.47	.30	.78	2.55	.87	.44	.16	.31
Horseradish	6.44	.12	.26	.19	.53	1.94	.50	1.98	.82	.06
Onions	5.64	.13	.14	.26	1.29	1.91	.98	.32	.48	.13
Artichokes	5.02	.19	.51	.15	.16	2.37	.70	.25	.50	.19
Potatoes	4.59	.05	.14	.22	.12	2.75	.77	.29	.09	.16

VEGETABLES

THE COMPOSITION OF THE ASH IN FRACTIONS OF 100 PARTS

	Percent of Salts After Water is Deducted	Iron	Sodium	Magnesium	Calcium	Potassium	Phosphorus	Sulphur	Silicon	Chlorine
Spinach	25.69	.86	8.68	1.65	3.06	4.26	2.63	1.77	1.16	1.62
Swiss Chard	17.76	.23	6.27	.76	2.11	4.49	1.94	.69	.53	.74
Lettuce	17.40	.91	1.31	1.08	2.56	6.54	1.60	.66	1.41	1.33
Dandelion	13.22	.12	1.40	1.13	2.70	5.24	1.05	.29	.94	.35
Cauliflower	12.41	.12	.73	.46	.69	5.51	2.45	1.57	.46	.42
Leek	12.36	.94	1.75	.36	1.28	3.79	2.04	.91	.91	.38
Cabbage	12.23	.21	1.37	.44	2.62	3.36	1.80	1.00	.46	.97
Rampion	12.10	.02	1.13	.26	.72	5.50	1.02	.47	2.42	.56
Radishes	11.84	.33	2.50	.36	1.65	3.78	1.28	.76	.10	1.08
Asparagus	9.44	.32	1.61	.40	1.02	2.26	1.75	.58	.95	.55
Rutabagas	8.35	.05	.47	.32	.94	3.92	1.21	.80	.09	.55
Kohlrabi	8.11	.24	.53	.55	.88	2.84	1.76	.71	.20	.40
Celeriac	7.00	.10	.02	.40	.90	2.96	.89	.38	.27	1.08
Carrots	6.95	.07	1.47	.30	.78	2.55	.87	.44	.16	.31
Horseradish	6.44	.12	.26	.19	.53	1.94	.50	1.98	.82	.06
Onions	5.64	.13	.14	.26	1.29	1.91	.98	.32	.48	.13
Artichokes	5.02	.19	.51	.15	.16	2.37	.70	.25	.50	.19
Potatoes	4.59	.05	.14	.22	.12	2.75	.77	.29	.09	.16

FOOD VALUE OF SALAD HERBS, ROOTS AND SEEDS

	Calories per Ounce		Calories per Ounce
Spinach	7.8	Radishes	8.0
Celery	5.3	Beets	13.1
Lettuce	5.0	Parsnips	17.0
Endive	5.9	Turnips	11.1
Dandelion	15.2	Sweet Potatoes	34.5
Cabbage	10.5	Carrots	14.0
Plantain	9.7	Artichokes	22.4
Parsley	16.1	Potatoes	24.0
Sorrel	16.5	Spring Beans	11.8
Asparagus	8.6	Sugar Peas	9.8
Pimpinella	27.8	Lima Beans	34.9
Onions	11.7	Green Corn	28.7

Tropho-Therapy

Is that part of the healing art which treats on natural food to be administered as a remedy for disease.

This is the first time "Tropho-Therapy" appears in print.

FOOD THERAPEUTICS AND FOOD PROPHYLACTICS

The prime cause of the common diseases is unnatural food and to this is added airproof and sunproof clothing and unhygienic housing. The artificial life of the civilized world is the general cause of all misery. True health of body and mind can be only realized when every vital organ functionates normally and in harmony with every other organ. Happy only is he who lives in harmony with Nature's plan. The true art of healing is employed in that system of cure which removes the cause of the disease and assists vitality to correct the injury and restore normality of function. There is a principle in Nature which forces health to assert itself but the process is painful and therefore it is so diligently suppressed by the doctors ignorant of these facts. **Where a perfectly natural life is pursued health will assert itself without any attention of the patient or the doctor.** The natural diet prescribed in the above pages is the first essential in the restoration of health as well as for its maintenance. The most common diseases are treated separately in the following pages. The possible causes of those diseases are there explained and followed with instructions how to remove the causes and how to assist Nature in the restoration.

THE LAW OF HEALING AND CRISES

Cause of Diseases

The primary causes of nearly all diseases are **lowered vitality** and **accumulation of waste.** In the hurry scurry life of today these causes often go on for years without coming to light or being recognized until the system is wholly saturated with the waste poison and vitality is so low that resistance is out of the question.

Source of Waste Poisons

1. The natural oxydation (combustion) of food for heat and energy.

2. The natural wear on muscles and nerves.

3. The natural destruction of old tissue to make room for reconstruction and growth. These are the three natural sources of waste material which need never cause disease as long as there is a proper provision of natural food, pure water, fresh air and sunshine. The organs of elimination will do the rest. Unnatural (cooked) food and flesh are the dangerous sources of waste poisons. Natural (unfired) food is anabolic and the portion absorbed into the circulation continues to be anabolic (constructive) until it has served its purpose when it naturally becomes catabolic (destructive). The anabolic tendency of food is destroyed by cooking and flesh is already in the process of catabolism.

There is a tendency to over-injest on cooked food because the organic salts are freed and have lost their savor and cooked proteids and starches do not act properly on the taste buds besides they can be gulped uninsalivated and untasted.

Every particle of cooked proteid food, absorbed into the circulation, that is not used in the process of metabolism (constructive exchange) catabolizes (breaks down) into five destructive waste acids and since the positive organic salts, in cooked food, are already neutral they can not neutralize nor eliminate these waste acids. Cooked starch which is, digested and, not used for heat or energy is stored in the form of adipose tissue (the cause of fatty degeneration). But more than this; cooked starch, like glucose, becomes so soluble that it can be absorbed into the circulation undigested. This foreign substance causes untold trouble and confusion in the circulation of blood and finally becomes a burden to the overworked liver which must transform it into glycogen (a form of sugar). Unfired starch never causes any trouble because the saliva determines the quantity to be digested.

Flesh in addition to what was said before is saturated with the poisons of emotion, uric and other acids and alkaloids, which were not eliminated, and ptomaines (the product of decomposition). Beef extract is —— concentrated. All cooked foods have a predisposition to ferment in the stomach and to decay in the intestines and the gases formed penetrate the alimentary walls and saturate the whole system. All these poisons circulating in the system irritate the nerves and brain and thus cause emotional disturbances which result in the production of emotional poisons.

The Apparent or Secondary Causes of Disease

These are not causes at all. They are the means which the organism adopts to eliminate some of the poisons. A dose of cold air, a good dose of fresh air, a dose of hot air, a dose of sunshine, a dose of hard work, a dose of exercise, a dose of excitement, a bruise, a boil, a dose of cold, hot, sour or sweet food or a dose of microbes (germs, bacteria, scavengers) may be the means of starting an elimination in acute forms of disease.

The normal blood can circulate through contracted capillaries unhindered. It is only the blood which is saturated with waste and filth that clogs the capillaries and causes painful congestions. Pure blood can not be infected with microbes. There is nothing for them to live on. Microbes are scavengers. They can only live and thrive in blood and tissues saturated with waste and filth. Even intestinal germs and worms object to feed on unfired fruit and vegetable juices. They prefer the filthy juice and decaying remnants of cooked flesh and other cooked food which will decay in the intestines. When the germs infest any part of the body the blood carries to them all the waste and filth until it is exhausted. Then the germ dies of starvation in the abundance of its own waste which is a subtile irritant causing inflammation and high fevers. This marks the crisis of any disease. If from this time on the patient subsists on rational unfired food he is forever cured. If at any

time before the crisis the blood is saturated with a poison (medicine) more powerful than the subtile waste of the germ the disease is not cured but becomes chronic and slumbers until that poison is worn out, when it will surely reappear in the same or another form. Chronic diseases are acute diseases subdued and slumbering, and can only be truly cured by awakening their acute form—to be helped to a crisis. The medical poisons which interfere with the development of the crisis are often so persistent that the patient, temporarily relieved, finally succumbs to their influence in a sad and lingering death.

Mercury, as an example, invariably produces paralysis, insanity or other destructive diseases after a period of a few years. The crisis of the worst bacterial disease under proper Naturopathic care never turns out fatally but leaves the patient to become healthier than before. The bacterial waste product must be eliminated from the patient to keep the fever from rising too high. This is best and most effectually accomplished by means of the wet pack. By means of the reaction of this cold wet application the circulation of the blood is stimulated which is the means of nursing the bacteria to death. Here I must fortify those who have inherited chronic tendencies and those who have, by ignorance or imprudence allowed some acute disease to be suppressed by the use of those deceitful drugs.

It often happens, when patients have lived a strict unfired food diet, from five to eight weeks, that the poison suppressing an acute disease is first eliminated and then the suppressed disease reappears in the same or another form. But sometimes the system eliminates the most dangerous drug poisons by reacting on them, causing non-bacterial healing crises. These then must be assisted by all the natural means of elimination; such as, water, air, sunshine and food. Under the above circumstances the uninformed patient might become discouraged in persisting with the diet. This would be like dropping a good thing near the point of success. This law of Healing Crises was taught by

Hipocrates, the father of medicine, about 400 B. C. Prisnits in Germany rediscovered this law and the nature-cure system and became a world-famous healer. By means of a strict nature cure life, as prescribed in this book, any one can quickly and completely neutralize, eradicate and eliminate waste poisons and even drug poisons from the system and so increase the power of resistance that the common miasmic and other diseases with their crises stand no show at all. When the prime cause of disease is eliminated there is no secondary cause nor crisis.

OBESITY

Disorderly proliferation is a degenerate condition of the body in general, due to saline starvation and is the outcome of consenting to the temptations of the baneful "Culinary Artifice."

The organic salts of Sodium, Calcium, Iron, Silicon, Magnesium, Manganese, Potassium, Chlorine and Fluorine are the **cement** and **mortar** in the construction and repair of the Human Temple. These organic salts are only available in unfired vegetables, fruits, grains and nuts. Cooking reduces them to mineral salts in which form they are poisons like medicines which cannot be used in the metabolism of the system and must be eliminated and excreted sooner or later like common table salt.

The adispose tissue in obesity is carbohydrate material stored for want of the binding salts. The carbohydrate and nitrogenous substances are a superabundantly available foodstuff in a cooked regime.

By way of an occasional uncooked relish a scanty quantity of organic salt finds its way into the circulation and this is immediately utilized to neutralize nitrogenous waste products and what is left unites with other waste products to render them soluble for elimination and even then some of the waste must be stored with the adipose tissue. Loose adipose tissue is wholly impossible with uncooked foods and what reserve tissue the system produces by their use is healthy, well distributed,

firmly bound and never inconvenient. Any person subsisting on the proper unfired foods may become trimly sleek, but never unshapely fat.

The only natural curative elements for obesity are the unfired organic salts which are so profusely abundant in a tireless variety of succulent herbs and roots. The acid element of fruits is not to be overlooked as it helps to oxidize and thus eliminate the unnatural adipose store to make room for healthy tissue. To get the best results, the fruits and vegetables must not be mixed at the same meal. Fatty degeneration of any vital organ is a localized obesity and must be dieted as such.

The curative diet in this case should consist of plain fruits for breakfast and lunch and plain green vegetable salads dressed with, the least possible quantity of nuts, simply to render them palatable. This diet is also advisable in several cases of biliousness and indigestion. If continued uninterruptedly for several days or a week the system will be relieved and toned in a surprising degree. In addition to this diet the patient must take all the fresh air exercise he can get in rain or shine, and in an extreme case he must not forget to take nude sunbaths.

MORNING SYMPTOMS AND CONSTIPATION

If you have a bad taste in the mouth, a coated tongue, a headache or that tired feeling and allied symptoms in the morning, let that remind you that you have taken too much of a dinner, perhaps too much variety, too much soluble starch (cooked starch) or too much commercial sugar, which has burdened the liver by direct absorbtion or by fermentation. Decaying meat in the intestines produces the same symptoms. The gases of fermenting foods produce auto-intoxication and this is the cause of constipation. The system must be well filled with stench if it comes to the mouth. Unfired potato and root salads cannot ferment. They will leave the stomach sweet, start the peristalsis of the intestines and will carry off intestinal poisons. They cure constipation and restore the alkalinity of the blood.

Eat vegetable salads only, for a day or so and the above symptoms will abate.

When constipated eat plenty of salads, especially the green salads to tone the intestinal tract. The fibrin of vegetables, the cellulose of rye and the numerous seeds of figs promote intestinal peristalsis. Let "laxative brawn food" be the last course of fruit menus.

ANAEMIA

The first cause of anaemia is the perversion of instinctive functions and the suppression of instinctive knowledge by ignorance of Nature's laws. This then leads to the use of unnatural foods which induce diseases and thus create a demand for, medicines with their string of baneful and chronic after effects. The vital organs are generally overtaxed in rotation by abuse or want of natural tonic food elements, until the spleen is involved, which is a storage battery and factory of vital fluid. Return to Nature. Replenish the blood with the wanting organic iron and sodium by an unrestricted diet of green vegetable salads or alternate with berry salads in their season. Remember—Dock, dandelion, asparagus, spinach, the cresses, lettuce and radishes and of the fruits, strawberries and gooseberries. The brawn food should contain fresh homeground wheat, barley, rye or unsteamed oatmeal with grated cocoanut or flaked pignolias. By all means provide for plenty of fresh air, outdoor exercise and sunbaths. Nature will do the rest. In cases of nervous diseases plenty of sleep and rest must be prescribed in addition to fruits and vegetables, since they are generally caused by vigorous drains on the general vitality.

INEBRIETY AND GLUTTONY

After expounding the general value of unfired foods in health and disease, someone asked. "What will you do with those who are addicted to the use of chocolate, tea, coffee, wine, beer, alcohol and effervescent drinks, smoking, and chewing tobacco and drugs?" And another added, "Overeating on

cooked food?" Answer—Nothing more than command an absolute abstinence from salt and irritating condiments and advise an unrestricted use of lucious fruits, when thirst demands, and such unfired foods that contain all the necessary elements of nutrition. The starved, irritated and crippled cells of the body, in general, cause an irresistible craving for elements that are not found in the foods ingested and then "civilized ignorance" misinterprets this natural craving.

The craving for strong drinks and intoxicants is a perverted state of the sense of bibativeness which misinterprets the organic craving for purgative liquids (water and fruit juice) and neutralizing salts. Ninety-five per cent of drunkenness starts in the kitchen. Flesh food and beer or wine is one set and fermentable (cooked) starch combinations and brandy is an other set. The irritant waste products in flesh food and the salt and "redhots" which must cover the flavor of the corpse stimulate a craving for an internal bath to wash out the irritants. Cooked foods produce a tendency to overeating, because its satiating elements are destroyed. Habitual overeating distends the stomach.

A distended stomach cannot entirely empty its contents. The revolting mixtures of such a stomach always ferment, especially when the leaven of the last meal infects the next. Habitual fermentation in the stomach inflames its walls, which creates a perpetual hunger and thirst. Water does not quench this thirst, but rather aggravates the condition by aiding the process of fermentation. Now the troubled brain goes in search for a temporary relief which is found in brandy or diluted alcohol which kills the germs of fermentation; as it were, by their own waste and paralyzes the nerves which communicate the pain of the inflamation and the person **seems** relieved.

But—?—! Take away the cause for inebriety and the cure will surely follow. Substitute the flesh by nuts, since the latter are richer in proteid and non-fermentable. Cut out table salt, peppers and all "red hots." Avoid all fermentable (cooked) foods. Eat nothing that stimulates an abnormal appetite or

thirst. Eat sparingly to aid digestion. Natural (unfired) foods tend to create an aversion for all intoxicants. The very odor of intoxicants becomes repulsive when the taste buds and olfactory nerves have become normal. The following receipe is prescribed by many good doctors. "Spend the money, which buys your liquors, for luscious fruits, such as oranges or other juicy fruits, and eat the fruit whenever you crave for liquor."

Unfired fruits, vegetables, nuts and grains supply these craved elements with unerring certainty. Unfired foods will correct the perverted bibativeness and alimentiveness. They will give natural exercise to the whole octave of the senses of taste and smell and bring about their normal functioning. When these senses are normal there will be an aversion for unnatural flavors and odor in the same way as one dislikes inharmonious sounds and colors. Wholesome unfired food is the natural material out of which can be constructed a healthy body with normal functions and unperverted senses.

A CURE FOR ALCOHOLISM.

Editor Chicago American:

Some time ago one of your readers sought a way to aid her husband fight the drink habit—"he willing." So far I have failed to see any suggestions, so will give you a positive cure for alcoholism.

In the morning, before breakfast, an orange should be eaten, one about 9 o'clock, one before dinner, one before supper and one before retiring, making five for the day and costing, as a rule, less than two drinks of so called whisky.

The second week four oranges per day will be found sufficient, the third week three and the fourth week the tippler won't be able to bear the smell of alcohol. If the oranges make too great a demand on the pocketbook substitute apples which will be almost, but not so effective.

J. M. SMITH.

3400 Sixtieth St.

DYSPEPSIA AND INDIGESTION

This trouble is primarily due to the ingestion of foods predisposed to fermentation. Cooked foods cause 90 per cent of this trouble. The mischief is not done by the want of digestion, but by the fermentation of the food which produces an astringent acid which contracts the pylorus and thus keeps the

fermenting food in the stomach until it decays. The function of the pylorus is not to relax until the acid fluids of the stomach are neutralized by the alkaline element of the food. Cooked foods which are robbed of their alkaline ingredients cannot neutralize the acid of fermentation nor the acids of the stomach and so—. Some sweet fruits which are poor in alkaline salts, such as blackberries, often ferment in the stomach, especially when the previous meal has been fermenting. This is easily cured with a handful of peanuts well masticated, provided there is no cooked food in the stomach and provided your stomach is not full up to the neck. When such fermentation of the stomach is allowed to become habitual it will pervert every function of the stomach by auto-intoxication which will spread to the whole alimentary canal. Enlargement of the stomach is due to overingestion of cooked food which subsequently ferments. As to the cure; study the list of "nonfermentable foods." Avoid all cooked starches and sweets. Green herbs will tone the stomach. Do not fill the stomach to the full extent of its capacity. Do not eat food when you are excited or very tired.

The stomach often becomes so inflamed from constant fermentation that the pain involved produces an artificial craving and hunger that cannot be quenched. Many a heartfailure has been the result of eating to satisfy this false hunger.

HEART TROUBLES

There are various forms of heart troubles, with only two causes, exhaustion of vitality and unnatural or ignorant feeding. The heart, the spleen, the liver and stomach are sympathetically connected. There is the "tobacco heart" the "coffee heart," the "whiskey heart,'" the "fatty heart" (see Obesity), the "rheumatic heart" (see Rheumatism) and "paralysis of the heart" due to narcotic and toxic elements which cripple the nerves that control the heart. The gases of fermenting foods come under this head. The remedy and prevention lies in unfired food rich in the organic salts which tone the

blood, the nerves and the muscles and which eliminate the waste poisons. Fresh air, sunshine and exercise must not be forgotten.

LIVER DISEASES

The liver must endure untold abuses from the use of cooked and predigested foods. Nature never trained the liver or any part of the alimentary tract for the use of cooked foods. In other words; man was not evoluted by the side of a cooking stove or caldron. All the unnatural foods ingested and absorbed must be corrected by the liver. This is an unexpected outrage; for it has enough to do without correcting dietetic mistakes. The liver is the laboratory of the body. It neutralizes waste poisons and filters effete matter from the blood and transforms it into bile which emulsifies oil for assimilation and stimulates the peristaltic movement of the intestines. It converts starch and sugar into glycogen (a muscle lubricant) and stores organic iron for the building of new blood corpuscles. In order to do all this work and several other chores right, the liver must be furnished plenty of organic iron, sodium, clorine and other elements which can only be extracted in available form from unfired green salads, root salads and fruit salads. Tomatoes, sweet salad peppers and eggplants are the best liver tonics. Cooked or baked starches, dairy products and meat must be religiously avoided.

DIABETES, BRIGHT'S DISEASE AND CALCULUS

All these diseases originate from saturating the blood with soluble starches and cooked proteids. These elements overwork the liver until it can no longer produce the proper digestive fluids. When the liver is unable to correct the half digested foods absorbed, the kidneys must take up the burden and thereby become ruined. Remove the cause, i. e. cooked food, and eat plenty of green herbs and uncooked roots for their tonic elements and pignolias for organic protein. The unfired starches can do the patient no harm, for they cannot be ab-

sorbed unless they are properly digested. When the urine contains brickdust sediment flaxseed water is a good drink.

COLDS AND GRIPPE

These and similar diseases are due to the clogging of the waste and filth saturated blood in the contracted capilaries of the skin and thus obstructing elimination through the pores of the skin. This waste poison then is forced through the mucous membranes and you call it a catarrh of some kind. If the mucous surface cannot eliminate it, then the grippe bacteria come in and feast until you cease to produce the poison, or until normal skin action is reestablished. It is very persistent and generally runs its course when once started. The best way to curtail it is to help it along all you can until all the waste is cleaned up in your system. Avoid milk, eggs, cooked food and bottled air. Let salads be your important dish. Reestablish normal skin action by cold sponge baths followed by brisk rubs, cold air baths and sun baths. Do not bundle yourself in a dozen garments. Let the air get at the skin through porous garments. Make friends with Mr. Cold. Try to catch him when you have time to fool with him and he will never annoy you when you are busy.

RHEUMATISM

In a normally healthy human being subsisting on natural foods the blood is alkaline because it is rich in positive tonic, eliminating and acid binding elements, which are sodium, calcium, magnesium and iron. The blood of those who suffer from rheumatism is sluggish and viscid, being overloaded with acids and negative elements. Such sufferers are generally willingly and stubbornly addicted to the use of meats, cooked legumes, cooked or baked cereals and fruits, preserves, commercial sugar and salt and invariably coffee, tobacco and alcoholic liquors. What little of positive elements the legumes and cereals contain have been changed to inert or irritating inorganic

(mineral) salts by the process of cooking which has rendered them unavailable to the normal metabolism of the system.

Such a patient can be cured, either by giving him anaestetic poisons until he goes to sleep forever or by feeding him natural foods which are rich in positive organic salts. The most important foods for overcoming rheumatism are lettuce, spinach, cresses, radishes, cabbage, dock, dandelion, asparagus, sweet potatoes and carrots, and of the fruits cucumbers, tomatoes, strawberries and apples. The starches of unfired cereals and the protein of nuts and uncooked legumes can do no harm as long as the patient eats enough of uncooked herbs, roots and fruits. It is best, however, not to eat more than three ounces of nuts per day. Let the patient improve his skin elimination by daily sunbaths and cold sponge baths. Water saturated with alkaline mineral elements or other inorganic salts may produce symptoms similar to rheumatism. In this case the pain is not caused by destructive acids, but by the irritation of inorganic salts. These salts are best eliminated by feeding on plenty of juicy fruit rich in organic acids.

The rheumatic patient should give the affected parts plenty of blood circulating exercise by day, regardless of the pain it may cause, and bundle the same parts in wet packs by night.

GOUT

The gout is caused by the same uric acid producing foods as rheumatism and it is aggravated by the inorganic salts in fermented wine and baking soda (sodium bicarbonate). The patient must avoid all foods which tend to ferment in the stomach and intestines and follow the instructions given the rheumatic patient. It is the uret of soda which deposits around the gouty fingers and toes.

TONSILITIS

The tonsils are glands which are essential in the process of purifying the blood. Nature has provided no superfluous organ in the whole vital anatomy. The tonsils cannot be cut out

without destroying their function. The thyroid gland seems to be of less importance than the tonsils and yet when it is cut out the patient is certain to die within a few years. Any doctor that advises a surgical operation for tonsilitis is either unscrupulous or insane. When the blood becomes oversaturated with the poisons absorbed from flesh food and those produced from it, the tonsils become overburdened and clogged with that poison and a fungus growth sets in to feed on the poisons they contain. This often involves the very tissues of the tonsils. The inflammation, swelling, pain and discomfort is partly due to the irritating waste of the fungus, but especially to the vital activities i. e. the attempt to save the tonsils. Patients who suffer from tonsilitis really suffer from flesh poison, which their constitution is not able to eliminate. Cutting out the tonsils does not cut out the poison which produces tonsilitis, rheumatism or cancer. These patients must cut out flesh forever and diet on natural food if they wish to avoid the recurrence of tonsilitis.

The nature cure treatment consists of fasting from one to three days, of an ice cold pack around the neck until the swelling subsides, of rubbing the tonsils occasionally to aid the circulation in them and feeding on herbal salads and herbal fruit or other fruits until well. Smaller and smaller attacks of tonsilitis may return occasionally until the system has eliminated all that flesh poison. If the patient will reestablish normal skin activity and skin elimination by taking nude sun and fresh air baths he may be cured for good.

CONSUMPTION

Consumption is the "Great White Plague" of the civilized world. Dr. Senn, after his travels over the world, reported that consumption was unknown among all the uncivilized races of the North and the South. In the circular of 1908, issued by the Illinois State Board of health are these statements "Of all diseases common to man, consumption is the most widespread and most deadly. Fully one-seventh of all mankind die of this

disease. Consumption is the cause of one death out of every four deaths which take place between the ages of twenty and fifty!" Consumption consumes more lives than all the other germ diseases together. Dr. Lindlahr says: "Consumption is the creation of civilized man." Nature cures all diseases after their prime cause is removed.

Therefore let us trace consumption back to its prime cause. The biased medical profession traces consumption to the tubercular bacillus. This germ belongs to the fungi of which the yeast germ is an example. It generally inhabits the pulmonary tissues, but it often infests other parts of the body or other vital tissues. It is a natural scavenger like other fungus growths which only grow where there is filth and decaying matter. Its infection is only taken when the vitality is lowered and when the blood is saturated with filth (nitrogenous and carbohydrate waste). It generally starts its active career unnoticed in those lobes of the lungs which are kept inactive by unnatural habit or constraint of clothing.

This germ finds it most favorable when the blood is so saturated with filth that the tissues are not able to unload their waste and are rather forced to absorb filth from the blood. Now what causes the blood to become so saturated with filth? The causes are unnatural food, unhygienic clothing, unventilated bedrooms and dwelling rooms, want of sunshine and drug poisoning. Flesh food is by nature saturated with uneliminated tissue waste and the digestive decomposition of its nitrogeneous elements adds acid poisons to this waste. All cooked foods are short in the eliminating elements, sodium and calcium and the oxidizing agent iron. Cooked food is rendered too soluble and therefore is absorbed in quantities greater than the circulation needs and this superfluity acts like so much waste. The artificial flavor of cooked food stimulates overingestion and this adds the consequences of stomach fermentation and intestinal gases. Now as to clothing. Covering the body with half a dozen of almost airproof garments, so interferes with skin elimination that the skin actually becomes inactive and

pale. The poisons that ought to have been eliminated through the skin are now forced on the lungs and the scavengers get the benefit of it and thrive the better. The air of unventilated bed rooms and dwelling rooms soon becomes saturated with the poisons exhaled and its oxygen is simultaneously exhausted. This condition shuts off osmosis and stores the poisons for the scavenger. Consumption is a house disease. Without sunlight man, like vegetation becomes pale, because the building of red blood corpuscles is partially dependent on light. Sunlight is Nature's fungicide and functional stimulant. Drug poisons, such as mercury and other metallic poisons, so interfere with the functions of elimination that these alone often lay the foundation for consumption. Now let me emphasize that unnatural food, airproof clothing and unventilated housing are the prime causes that make consumption possible. Do away with these causes and return to Nature and the Bacillus Tuberculosis will be harmless. The macrophites of the white blood corpuscles, often consume and digest millions of these germs. As long as the blood circulates unobstructed by filth the germs cannot take lodgement. Even the medical profession admits that there is no medicine that can cure consumption except fresh air and plenty of it. The "Out-Door Sleeping" or the sleeping under a "Window Tent' is approaching the "Nature Cure" system. Dr. Albert P. Francine, in his recently published work on Pulmonary Tuberculosis, suggests the following (irrational) dietary. I shall here copy it from the circular of 1908, issued by the Illinois State Board of Health, and correct it to illustrate the right and the wrong dietary treatment.

DIETARY FOR CONSUMPTIVES

7 A. M.—One pint of milk and two raw eggs, taken in bed.

7 A. M.—One glass of herbade (diluted herb juice sweetened with honey).

8:30 A. M.—Breakfast. Fresh fruit, cereals, bacon, salmon, herring or tender steak, chop or chicken; dry toast, wheat bread or corn bread; a pint of milk or cup of coffee, chocolate or cocoa.	8 *A. M.—Breakfast. A small dish of fruit and nut salad.*
10 A. M.—One pint of milk and one raw egg.	10:30 *A. M.—One glass of orangeade (or pure orange juice).*
12:30 P. M.—Lunch (heaviest meal), preceded by half hour's rest. Thick soup—puree of vegetables, especially the albuminous legumen; a roast and vegetables; bread with plenty of butter; simple desserts with sugar.	12:30 *P. M.—Lunch, preceded by half hour's rest. One glass of warm dilute grape juice, or other fruit juice; a dish of fruit and nut salad composed of strawberries, pineapple, grapefruit or apple, followed by a small dish of brawn food and some dried olives.*
4 P. M.—One pint of milk and one raw egg.	4 *P. M.—Eight ounces of tomatoes or a glass of herbade or cucumber juice.*
6 P. M.—Supper, preceded by half hour's rest. Light, simple meal, cold meats, light salads, tongue, sardines, etc. Pint of milk or cup of weak tea, or cocoa.	6 *P. M.—Supper, preceded by half hour's rest. An unfired, warm vegetable soup; an herb and root salad with olive oil or nuts, followed by a small plain brawn food.*
9 P. M.—One pint of milk and two raw eggs.	9 *P. M.—A glass of rhubarbade sweetened with honey, or other vegetable juices.*
9:30 P. M.—Patient goes to bed.	9:30 *P. M.—Patient goes to bed.*
The above dietary will increase the proteid and carbohydrate waste poisons in the blood and thus feed the scavengers.	*This dietary will eliminate and neutralize the proteid and carbohydrate waste poisons and tone the blood and thus starve the scavengers.*

The following is the good advice given by the above mentioned Board of Health. "Live 'out-of-doors' day and night, winter and summer. Have no fear of night air and none of draughts. Court the open air. Avoid 'stuffy' houses or rooms. Avoid all excesses. Drink plenty of good water. Keep your body clean. Take no drugs—. Be hopeful and cheerful. 'Take systematic exercise or massage to favor assimilation and excretion.' "

"God gives man an abundance of fresh air and sunlight for his daily use. Man, with the perversity which characterizes the human race, immures himself behind wooden or stone walls and excludes or grudgingly admits even that air and sunlight which is necessary for his well-being. The sickness and death resulting from this violation of the laws of nature is invariably attributed to 'the will of God.' The germs which cause consumption thrive in the living quarters of man where **sunlight** and fresh **air** are excluded." This is credit to the board of health and some doctors but they are all ignorantly ignorant of the therapeutic (curative) value of natural foods.

The lungs of almost every corpse dissected show the scars of cured consumption and often the very germs are found imprisoned in a calcium secretion. When the system is properly fed with the necessary elements these secretions are redissolved and the germ is then digested by the macrophites of the blood. Natural food rationally selected in combination with light, air, water and a cheerful mind is the panacea for all diseases. Take a cold sponge bath twice a day and rub dry with the palm of the hand and take a nude sun bath once a day. This is to stimulate and restore the eliminative functions of the skin.

CURE FOR CONSUMPTION FOUND IN THE JUICES OF HOMELY VEGETABLES

New York Physicians Believe Fangs of White Plague Are Drawn; Every Subject of Experiment Has Recovered

NEW YORK, Aug. 25., 1907.—In a circular just sent to all the prominent physicians of New York the announcement is made by the New York Post Graduate Hospital of the discovery of a vegetable fluid which has been accepted as a positive cure for consumption.

Results covering many months of exhaustive and costly experiments show complete cures in every instance. Eleven patients who, on beginning the treatment in January, were sufferers from the disease have been discharged as fit subjects for a life insurance risk, and fifty others still under observation in the hospital are on the high road to recovery.

The discovery is this: That a compound of raw vegetable juices is the long-sought for element of diet needed to cure obstinate cases, where the lesions in the lungs persisted after the ravages of the disease had been apparently checked and the general health of the body restored, as testified by an increase in weight. The use of the new compound has overcome this difficulty to the complete satisfaction of a disinterested board of doctors.

The circular to the profession thus describes the method of preparing it:

Method of Preparation.

"Equal parts by weight of raw vegetables are scrubbed with a brush in fresh water, then mixed and chopped until the particles are small enough to go into the receiver of a grinding machine, where the mass is reduced to a pulp. The pulp is collected and the juices squeezed out through coarse muslin cloth.

"Vegetables first used were potato, onion, beet, turnip, cabbage and celery. Later were added sweet potato, apple, pineapple, carrot, parsnip, and later still rhubarb (pie plant), summer squash, tomato, spinach, radishes, string beans and green peas with the pods."

This juice is prepared every day in the hospital and is kept on ice. Each patient receives two ounces twice a day after meals.

Discoverer Is Modest.

Dr. John F. Russell, to whom all the credit is given for the discovery, will commit himself only to the most modest claims for his discovery.

Thus the Doctors Grope in the Dark!

CANCERS AND TUMORS

Cancers and tumors often grow where the tissues have been injured (internally or externally) by accident, surgery or hypodermic injections. However, they need a predisposing condition for their existence and growth. The blood and tissues saturated with proteid waste poison is the predisposing cause. In ninety cases out of a hundred the trouble has been traced to flesh foods. The blood which contains a normal quanity of the positive organic salts absolutely eliminates the cause and cures or destroys the disease. The cure consists in abstaining from all animal foods and all cooked proteid foods and feeding on those unfired foods which are rich in organic sodium, calcium, magnesium and iron. The green herb and root salads are the most important. See the list of foods under the above named elements.

OSTEO MALACIA

("Mother's Disease")

Softening of the bones and crumbling of the teeth is radically due to irrational food selection. It may be ascribed to the ingestion of white flour products which are robbed of the bone building elements; cooked mushes sweetened with refined sugar and cooked proteid foods which too readily catabolize into five or more destructive acids (as explained elsewhere). When these proteid acids accumulate in the circulation they must be neutralized by food rich in organic calcium, magnesium, sodium and potassium or they will attack the bony structure or the teeth for their alkaline constituency. Cooked foods and artificial foods (the best of them), are poor in organic salts; the elements necessary to form healthy blood and lymph, the bone building elements, acid-binding elements and eliminating elements.

The above disease, Rachitis (rickets of children), inflammatory rheumatism and gout are all, in concise terms, due to the ingestion of food poor in the organic basic elements calcium, magnesium and potassium and consequently too rich in acid

forming material, such as cooked carbohydrates and proteids. The cure, therefore, consists in the feeding on natural unfired food which is rich in positive tonic elements and includes the elements for bone repair and construction. The most important cereals are

(1) Hulled Oats
(2) Hulless Barley
(3) Wheat (unpeeled).

eaten as prescribed in this book. For other foods rich in the required elements study the lists under Calcium, Magnesium, Sodium, Phosphorus and Silicon. The fetus in constructing its skeleton requires an abundance of the above elements to form the bony matter. Nature favors the child at the expense of the mother. Hence it often happens that expectant mothers uninformed on the food question of this period pay a tooth or two for each child. When the ignorant mother becomes affected with general osteo-malacia she goes to a biased surgeon, an unscrupulous surgeon or a surgeon affected with the "mania vivisecti" who promptly performs bilateral ovariotomy and thus unsexes the poor pitiable victim.

INTESTINAL WORMS

Helminthiasis is a disease contracted by persons with impure blood and sluggish intestinal movement from measly flesh, fish and vegetables grown in barnyard manure. Worms do not infest healthy bodies. Flesh, eggs, milk and cooked proteid foods are most favorable to the development of helminthes. The tapeworm (taenia solium or cestoidea) may live peacefully and unbeknown in the intestines of those who feed on a mixed cooked diet but he objects, squirms and causes trouble if they attempt to persist in feeding on a vegetable and fruit diet. Some have expelled the tapeworm by eating cocoanut and drinking the cocoanut milk after a fast but this may not always be successful. The following remedy is more efficient and safe. After fasting from morning till evening eat slowly the meats of two ounces of pumpkin seeds for supper taking nothing else till morning. In

the morning take one or two ounces of fresh castor oil which may be mixed in a little lemonade. If the patient will sit in a tepid bath the worm is more easily expelled. Another remedy. Grind to powder two ounces of root bark of the pomegranate (granatum). Soak half an ounce of the powdered bark in each of four cups filled with two ounces of warm water for six hours and while you fast. Then swallow the contents of the first cup and take the rest at inervals of thirty minutes. Vegetarians can only contract tapeworms from impure water but it is not so apt to take lodgement in the healthy and active intestines. Maw worms or stomach worms (ascaris lumbricoides) and pinworms or rectal worms (ascaris vermicularis) seldom take lodgement in the intestines of those subsisting on natural fruits and herbs. These worms are often expelled by the simple use of coarse wheat, corn or kaffir corn meal. The pecan nut sometimes does the work. Tart fruits and carrots have been prescribed. The author has expelled maw worms with a dish of yarrow salad. Another efficient remedy is worm seed (santonica), (Chenopodium ambrosioides or anthelminticum). The seed is powdered or ground and mixed into a salad or nut-o-meal. A small teaspoonful of santonica is a large dose. It is an irritant and in large doses may produce dilatation of the pupils. Granatum should also be used only as a last resort.

CHILDREN'S DISEASES

Every mother who nurses embryonic life should desire, crave and cultivate all the graces, virtues and capacities which she would plant into that embryo for its inheritance. She should not allow thoughts or passions to enter her mind which she would not have her child think or talk about. She should feed on such variety of natural foods as will keep her body in robust health and supply the embryo with all the required elements of nutrition.

Only then can she expect to be blessed with a child that has inherited a healthy body, a sane mind and no annoying tempers and weaknesses. She should know that the quality

of mother's milk is largely influenced by her diet and mental attitude. If mother's milk must be substituted let it be unsterilized, uncooked and from an absolutely healthy cow fed on natural food and not on brewery slop and swill. The nursing mother should never touch alcoholic beverages, such as beer and wine, as these deplete the quality of her milk. The child should be gradually weaned on the dilute juices of sweet fruits until it is able to partake of undiluted juice, the soft pulp, nut milk, sweet succulent herbs and flaked cereals. With a judicious selection of unfired fruits and vegetables rich in the essential organic salts the growing organism can be absolutely fortified against the prevalent diseases.

Summer complaints, measles and diphtheria can invariably be traced to inferior or diluted cow's milk. Rickets and scrofula can be traced to unnatural foods, such as mushes sweetened with refined sugar, the products of white flour and other "predigested"(?) foods which may be rich in carbohydrates and proteids (acid formers) but so poor in organic salts that they can not produce healthy blood, lymph and tissues. Whenever and as long as the child is afflicted with the fever crisis of any disease it should never be fed solid food even in liquid form until the fever subsides and the natural appetite returns. Many a child and even "grownups" are sent to the other world by ignorant feeding during the fever period. Dilute orange juice or other fruit or vegetable juice may be administered to quench the thirst and keep the fever from rising too high. The wet packs are the most useful to keep the fever under control. Never allow your child to be vaccinated with the vaccine which is the carrier of at least ten other awful diseases.

THE POX

Here is another disease that is caused by unnatural and irrational diet and unsanitary clothing and housing. Variola (smallpox), scarlatina, measles and rubella are by cause alike and differ only in degree of activity. Smallpox is a zymotic disease which originates in fermentation and decompostion of

the blood saturated with tissue and proteid waste (urea) which failed to be eliminated by the kidneys and the skin. The bacteria and micrococci which characterize the pox and its variations are only the concomitants of decomposition, the scavengers of death. When urea is not promptly eliminated from the blood by the kidneys it forms a septic poison which saturates the capillaries of the skin and gathers in small abscesses which are cesspools wherein these bacteria (scavengers) breathe. Sluggish and stagnant blood saturated with urea and albuminous matter on the verge of putrefaction is the absolute requirement for the growth and development of these bacteria. They are powerless against internal and external cleanliness, ventilation (pure air), sunshine and wholesome food.

The fever of this disease is due to the irritation of the poisonous waste of the bacteria. This poison must be promptly eliminated by the cold wet packs in order to keep the fever in abeyance. As long as the fever lasts the patient should not be offered any solid or liquid food except diluted orange juice or other diluted fruit or vegetable juice to quench the thirst and assist elimination. Food during fever disturbs elimination and adds fuel to the, already raging, fire. The only reliable preventive is natural food rich in tonic, neutralizing and eliminating salts (unfired vegetables and fruits) in combination with plenty of fresh air, sunshine and exercise. To promote a healthy skin activity and skin elimination wear light and porous clothing and do not forget your daily sponge bath and sun bath. Vaccination belongs to the age of superstition. It has perpetuated (domesticated?) the pox and other bacterial diseases. Blind faith in vaccination has led many to live an unsanitary life. Vaccination has been proven useless as a preventive. It has killed millions of children and adults by infecting them with the pox, with syphilis, with erysipelas, with pyaemia, boils and other infectious diseases and the doctors know it.

FEVERS

During the fever crises of most diseases Nature takes away all desire and appetite for food; because, during the fever Nature burns up all undesirable and waste material and eliminates it through every eliminating organ, externally as well as internally into the alimentary canal—therefore, since food induces a process of absorption, it would interfere with the process of elimination into the alimentary canal. If you wish to help Nature to be successful then do not interfere with her plans and operations. Let the patient drink only water or dilute fruit juice until Nature reestablishes hunger and appetite for food. Food would add fuel to the already raging fire and danger would follow.

CLIMATIC FEVER

There are hundreds of vegetarians living in the worst fever districts enjoying the best of health simply because they live on the luscious fruits and luxuriant vegetables that grow around them. If the traveler would leave his canned and pickled meats, baked beans and alcoholic beverages at home and live like the natives on the native fruits and keep his blood toned with the vegetables rich in the organic salts he would not know of malaria, yellow fever or dysentery. The germ accused is a scavenger and can not live in pure blood supplied with the proper organic salts. Quinine and antipyretics may suppress the feverish symptoms for a time but these alkaloids have a dangerous chronic effect often considered incurable. They are protoplasmic toxins which permanently cripple and destroy vital nerves. Doctors are forbidden to prescribe quinine for railroad men as they will become color blind but it is no loss to other people to become color blind. What say you? Quinine produces an insanity which is characterized by nervous cruelty to beasts and man.

SEX TROUBLES

Sex Troubles like most of the other diseases originate in the kitchen. Cooked foods are predisposed to fermentation and decay in the alimentary canal and the gases produced by this process irritate all the nerves an the vital plexuses. The irritation on the abdominal nerves perverts their functions which produces abnormal sex stimulation and constipation. Constipation, again, produces pressure on the delicate organs of sex and thus adds to the trouble by causing congestions. Cooked proteid and carbohydrate foods are ingested and absorbed in superfluous quantities and these superfluous foods catabolize into waste poisons which are carried in the blood to all the vital organs, irritating the nerves that control them and thus pervert their functions.

Flesh food adds another more dangerous source of trouble in its being saturated with ready absorbable poisons such as worn out tissues, waste alkaloids, uric acid and other acids which, in the concentrated form, are called "beef tea." Next comes the habitual use of irritant, toxic alkaloids of hot condiments, of coffee (caffeine), of tea (thein) and of tobacco (nicotine). All these toxic irritants affect the small brain, the circulation (through the nerves controlling the heart), the spinal column and the sympathetic nerves that control the sex functions and perversion must follow.

Last but not less dangerous is the alcohol of all alcoholic beverages which as a protoplasmic toxine cripples the individual nerve cells of the weaker nerves, of the more sensitive nerves and of the upper convolutions of the brain in which are the moral faculties, the last product of evolution. This process inhibits the circulation of blood to the affected convolutions and by reaction increases and stimulates the circulation in those lobes that control courage, boldness and the animal senses and passions. Now as to the cure of sex trouble. Avoid all late dinners and going to bed with a full stomach. Confine yourself to an exclusive unfired diet with all its delicious varieties.

Eat to satisfaction at noon, but very, very sparingly at the last meal, if at all. Take plenty "out of door" exercise espe-

cially when it is cold. Avoid associating with your own sex as that aggravates sex trouble. Mingle only with those of the opposite sex, whose moral character is unreproachable and then cultivate the purest, the noblest within you that platonic affection can stimulate and cooperate in the most intellectually fascinating amusements. Seclusion and bashfulness are aggravating symptoms of this diseae. Avoid all promiscuous gatherings, where doubtful characters are admitted, theatrical and political included. Sexual weaknesses are often inherited through ignorance of the parents.

Parents should not desire, crave or indulge after conception, for even immoral thoughts demoralize these functions in the fetus often for life.

PRIVATE DISEASES

The diseases which attack the genito-urinary organs should be no more private or secret than any other disease. These diseases may be innocently contracted by coming in contact with infected surfaces or by intemperate indulgences; but ninety per cent of these diseases are transmitted by promiscuous intercourse. Most generally the bacteria of genital diseases are bought from those who cater to commercial lust. Urethritis, gonorrhea, vaginitis, leucorrhea and whites are sequels. Syphilis is similar to the pox. These diseases can be safely and successfuly cured with systematic fasting, followed by a strict fruit—and herb—diet, when both the water cure and plenty of sunshine are employed.

MERCURY POISONING

Mercury, in its various forms, is the king "alterative" (?) of the allopapthic practice. Quicksilver, calomel, (chloride of mercury), corrosive sublimate, blue mass, blue pill, hydrargyrum, cum creta, mercuric iodide, red precipitate, turpeth mineral, cinnabar and mercurious vivus are only a few names of its many preparations. Typhoid and malaria fever germs were once killed with it, but the poisoned corpses of the germs could

not be eliminated and so these poisoned the patient, and up to this day mercury is regarded a specific in syphilis—what a terrible mistake. Mercury because of its extreme poisonous nature works temporary wonders—but—but after years comes the woeful (!) reaction—.

Dr. Mathias says: "The mercurial disease (secondary and tertiary syphilis) is more destructive than venereal diease." Mercury has brought untold suffering to millions of unsuspecting victims. The best known reactions of mercury, are salivation (a profuse discharge of saliva), ozaena (stinking of mouth and nose), loosening of the teeth and swelling of the tongue. Most people never suspect that mercury may be the cause of barrenness (sterility), paralysis, bone cancers, rotting of bones, consumption, dropsical effusion, softening of the brain and insanity. The mercurial doctor guarantees his cure "quick and safe" while he knows that when the reaction comes he will be forgotten.

If the crisis of one of the above mercurial reactions should come on after the patient had lived, for some time, on unfired food the doctors would (surely) lay it to the food. If the system should react on the poison in an effort to expel it assist the process by all the natural mean of elimination, which are water, air, **SUNSHINE** and food. The nature cure life is the safest. You cannot do better, since the drugs would add fuel to the fire. A few other dangerous drugs are Iodine, Lead, Zinc, Tin, Bromides, Iron, Arsenic, Belladonna, Quinine, Gold and Silver. Yes! These and many others are prescribed under scientific names, the names of their compounds or any old name to blind the suspicious public.

INSANITY AND OBSESSION

Insanity and obsession are often the result of malnutrition. If the poisons produce from negative food can pervert the functions of the body by irritating the controlling nerves; what would prevent that poison from irritating the brain directly and thus perverting its functions? If the tissues become

diseased because the blood is poor in tonic and positive salts; may not the brain be affected by the same want? If the resistance and endurance of the body is dependent on the basic salts supplied in organic food; how about the brain? These are only pointers by the way. People who subsist largely on negative food such as cooked proteids, flesh, cooked starches, white bread and refined sugar, which are all wanting in the positive elements, iron, sodium, magnesium and calcium often become very negative and mediumistic. They are then easily controlled by beings in the body or obsessed by low and degraded beings out of the body. Drugs and intoxicants often aid in this direction. The prevention and cure lies in such natural foods which are rich in the positive salts. Fresh air and sunshine must not be forgotten

IVY POISONING

(Rhus Toxicodendron)

Poison ivy generally affects people when their blood does not contain the proper proportion of organic salts, especially organic iron. The person whose blood is strongly alkaline may handle the ivy with impunity; on the other hand persons whose blood is acid may be poisoned when passing on the windy side of the place where the ivy grows. The poisoned patient should diet mostly on herbs and roots; especially those rich in organic iron. This diet will also keep the bowels open to assist elimination. The cold wet pack is the best application to the affected parts or when the feet are affected they may be kept in a tub of water. Rhustox, potency x6, may be given as an antidote.

THE ITCH

The itch germ is another scavenger which feeds on the filth in the human system. Never try to kill these germs with mercurial or other poisonous salves or ointments or drugs, for you cannot poison these germs without poisoning the infected and adjacent parts of your body. The itch is not a local disease for the germ infects the whole system before it appears as the

itch; therefore local treatment cannot cure it. Don't feed these germs and they will leave. Eat unfired foods especially herbal salads. Increase your skin elimination with cold water baths, and rubbing, sun baths and air baths. Apply the cold pack locally. This treatment will soon starve most of the germs and the remainder will be devoured by the phagocytes of the blood. The suppressed itch, continues its activities in the vital organs unbeknown to the patient until—.

ARTERIO SCLEROSIS

The hardening or calcifying of the arteries is due to the gradual accumulation of inorganic salts (especially the inorganic salts of calcium) in the blood of such vegetarians who persist in eating cooked foods. Inorganic salts cannot properly combine with the cooked proteids or starches to form elastic connective and muscle tissues of the arterial walls. When any inorganic or inert material in the blood infiltrates into the walls of the arteries it sets up irritation and then it is quickly imprisoned in a callous wall. Let this process continue long enough and—! Mineral water may also contribute to this condition. The juices of fruits and the organic salts of uncooked foods will prevent this disease.

RELAXED MUSCLES

Refined and inorganic foods (which are wanting in the organic protein and organic potassium, calcium and magnesium) cannot produce the strongest and most enduring muscles, even when the patient does take plenty of sunbaths and exercise. Flabby and relaxed muscles and tendons are the secondary cause of the falling of any or all the vital organs. This often causes intense suffering. When the muscles which hold the vertebrae of the spinal column in place relax on one side, those on the other side may pull one or more vertebrae out of place. The displaced vertebrae then press on the nerve which branches from the spine at that place. The irritation set up in that nerve

will not be felt at the place of dislocation, but in the vital organ to which that nerve goes. This is the cause of many misleading symptoms which are mistaken to be caused by some imaginary disease.

The osteopath may replace or correct such dislocations and thereby relieve the suffering so caused; but, unless the system is properly fed with organic foods, which will tone and rebuild the relaxed muscles, those vertebrae may slip out of place and —!—. Often the cartilages between the vertebrae shrink from want of proper food, and this may also be the cause of pressure on some nerve. Many an expensive and unnecessary operation is performed, especially, on confiding women, only, to cripple them for life. Such diseases can only be truly prevented and cured by feeding on natural food, rich in organic potassium, calcium and magnesium. When the muscles regain their normal tonicity every fallen vital organ will be drawn into place and even the spine will become straighter.

LICE

Lice are a necessary and blessed evil, because they awaken negligent people to the duty of cleanliness. People who are otherwise cleanly do not know that the eliminative function of the skin must be active and here the lice come to cause them to give their skin a cold bath and massage. Unnatural food and too heavy clothing also pervert the activity of the skin and thus make it necessary for the lice to help eliminate the effete matter. Do away with the necessity of having lice by tending to cleanliness, to skin activity and skin elimination and to the use of natural food; and then the lice will leave you or your children like any other disease. **Never** commit the crime of smearing blue ointment or any other poisonous salve on the bodies of your dear children. Only when the extreme emergency requires it, you may soak and rub the hair in kerosene, no longer than three or four minutes, and then quickly apply soap and

water until the least odor of kerosene is washed out. Remember that kerosene absorbed through the skin acts as an irritant poison and is hard to eliminate. Kerosene like the coal tar products will show its effects in the iris of the eye.

THE TONGUE

The tongue is a valuable aid in diagnosing the condition of the digestive and eliminating organs. In perfect health the tongue is clean, moist, without prominent papillae, is round at the edges and lies loose in the mouth. A dry tongue indicates fever, nervous prostration and depression. A white tongue indicates fever, often due to a sour stomach. A moist and yellowish-brown tongue indicates a disordered digestion. A dry and brown tongue indicates intestinal troubles, often connected with typhoid germs. A dry and red tongue indicates gastric and intestinal inflammation. Large and very red papillae on the end of the tongue indicates scarlet fever.

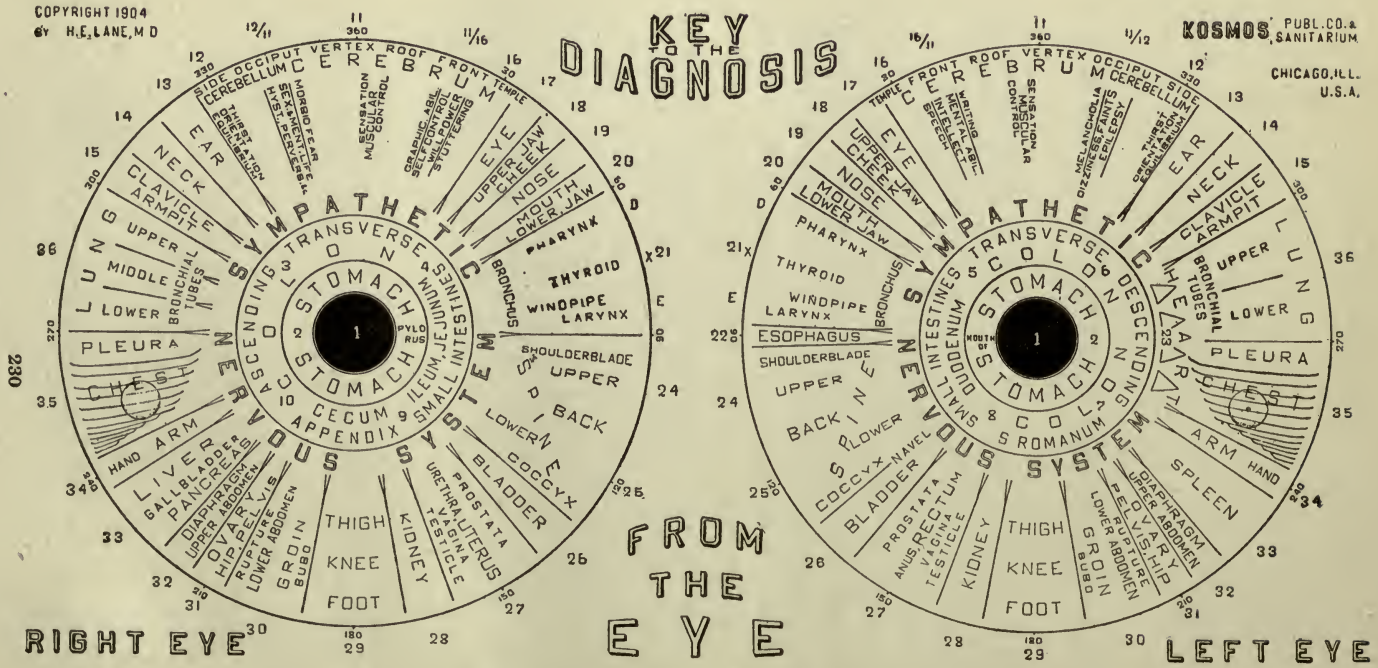
A yellow coating on the tongue indicates liver derangement. A sharp pointed red tongue indicates inflamation or irritation of the brain. Most of the above indications of the tongue are connected with dietetic mistakes and the indicated trouble can then be corrected by selecting the proper foods.

Diagnosing Disease from the Iris of the Eye

The iris of the eye in normal health is of an even color without any spots, rings or spokes. Every injury, poisonous drug, irritation, inflammation and nervous or functional disorder in any part of the body can be seen in the corresponding part of the iris of the eye. Dark or black lines or spots indicate inactive, dying or paralyzed nerves or loss of tissue in the corresponding part of the body. Light or white lines or spots indicate irritation, inflammation or catarrhal affections. A white line around a black mark indicates a healing of the defects.

Drug-poisoning is generally indicated in the iris by the natural color of the particular poison. Thus: Sulphur and quinine shows yellow; iodine, red; iron, rust-brown; lead, grayish blue; salycil, dirty gray; arsenic, grayish white; mercury, metallic white; strychnine, yellowish white lines and phenacetin and creosote shows white. In this manner the signs of the iris indicate the seat of the disease and its cause with unerring precision. The drug-signs indicate in what part of the body the poison has accumulated and where it is doing its destructive work. Nurses and mothers: Study the "Diagnosis from the Eye"* diligently for it will make you better tropho-therapeutists.

*** On receipt of one Dollar in money order we will mail you a copy of the "Diagnosis From the Eye."**



This miniature supplementary key was courteously furnished on request by the author, H E. Lane, M.D. The original lithographed in color, size 11 inches by 14 inches, suitable to be framed, will be sent by mail for 25 cents.

Promiscuous Subjects

PROMISCUOUS SUBJECTS

This department contains further information on hygienic living and feeding, commercial food and other subjects which should be better understood by all.

HYGIENIC DIETETICS

Hygienic Dietetics is that branch of science that treats on proper food and its relation to health. This subject becomes very brief when we understand that natural food,* unperverted food (unfired food), is the only proper food, the only hygienic food and, truly, the only health perpetuating food. A hygienic diet therefore involves a selection of the best natural food material on hand or procurable. Natural food must be cleansed for hygienic reasons and it may be prepared and combined so that it may appeal more favorably to sight, smell and taste; but its chemical constitution must not be changed (can not be improved) by any artificial process. The nurse should always aim to so prepare natural food that it may give the greatest pleasure in thorough mastication and ensalivation. Tasting, chewing and ensalivation are the first steps to perfect digestion and assimilation; assimilation of those elements required and craved by the system. Diet does not imply starvation or denial of the natural gratification of hunger and appetite nor the rejection of any wholesome food. Therapeutic diet embraces scientific selection of foods which contain the elements for the reconstruction of impaired organs and for re-establishing their natural functions. It also embraces systematic fasting when it is necessary to aid nature in tearing down and consuming old and useless tissue to make room for perfect reconstruction. A cheerful atitude of mind, proper social environment, fresh air, exposure to sunlight, proper use of water, recreating exercises and peaceful sleep are indispensable factors in restoring and perpetuating health.

THE DAILY RATION

People who can boast of ordinary health and do an average day's work require no more than three meals per day, namely, breakfast, lunch and dinner, with an interval of four to five hours between them. Those who are under nature cure treatments do better on two meals per day, which should, then, be taken from six to eight hours apart. Let your breakfast consist of fruits (unprepared), a fruit salad or a crisp herb salad, followed by a small dish of brawn food. Lunch may consist of either an orangeade, a tamarade, a lemonade, a rhubarbade or a cup of nut milk, and a salad, followed by a regular dish of brawn food. A packed shop lunch will be described farther on. If you had fruit for breakfast and lunch, then choose herbs and roots for your dinner—salad. The menu should consist of a dish of uncooked soup, an ounce of nibblers, a dish of salad, a dish of brawn food and an ounce

(*Natural food is defined under introductory subjects).

of cereal confection or a small dish of fruit dessert. In place of the salad may be served a quarter of an unfired pie. A dinner served in the order prescribed may be large for a person of ordinary capacity, but that can be remedied by diminishing the dishes of the last course, Whatever you eat, eat slowly and search every morsel for its flavor and enjoy it all. Cultivate the tastebuds, as they are the tally keepers of the stomach. Every flavor tasted in the mouth stimulates the flow of an appropriate digestive fluid in the alimentary canal; therefore all the food that passes the tastebuds has a diminished food value because the stomach is not prepared for it. Use your teeth well while you have them or you will lose them for want of healthful, blood circulating exercise. Do not think, talk or transact business while you eat. Do not talk of any disagreeable food or flesh at the table. Good humor, jolly stories and occasional laughter are most wholesome and beneficial additions to natural food. When your saliva is exhausted do not substitute other liquids, but cease to eat for the time. Do not order a dish which, you fear, will not agree with you, and do not eat it if set before you; for your stomach will have heard your thoughts, your suspicions, and therefore will object to receive the food you suspicioned. The best food will not agree with you if you fear and suspicion it.

Use china or glassware for fruit juices or vegetable juices. The oxides of lead, tin or zinc, produced by the action of fruit or vegetable juices, are very poisonous. The practice of cooking or steaming vegetables is unhygienic and uneconomical from every point of view. The human animal developed and flourished for thousands of years on natural (uncooked) foods and they are still the most wholesome.

A SHOP-LUNCH.

PACKED LUNCHES

It is everything but pleasant to be pointed at as a crank or to be the subject of gossip and ridicule among the besotted people with whom one is forced to associate or to be the laughing stock of one's uninformed fellow laborers. It is not wise to give the ignorant a chance to make a fool of you; therefore let no one know that your food is of a different nature. The unbaked bread prescribed in this book can be sliced and sandwiched just like other bread; while one sandwich of this

bread will satiate you more than three of the other. When you have finished your bread eat two or three apples or other fruit which you may have. You need not be conspicuous with this diet unless you like to brag. The above illustration shows the author's lunch outfit, which he carried daily for more than five years. The four ounce tin box in front of the scale holds about three ounces of rawn food. This box full of brawn food and two or three apples, pears, oranges or half a pound of grapes fully satisfied his gastric wants. When the men would eat their habitual slice of bread at ten a. m. the author would keep them company by eating an apple, a chunk of cocoanut or a few nuts. He had formed the strict habit of drinking a cup of water thirty minutes before lunch time and now he would advise all naturists to form that habit in place of drinking at lunch time. When good water could not be had where he worked he carried it in a coffee bottle. The six ounce glass jar in front of the lunch box is advisable for those who find that they require more than three ounces of brawn food. The two ounce jar back of the apples contains one ounce of nuts.

THE AVERAGE RESTAURANT DINNER

If all the promiscuous dishes called for by the average restaurant customer were minced, macerated and churned into one dish and served as his bill of fare, the sight of it would cause aversion; he would call it swill and walk away hungry. Let that dish stand at the temperature of the stomach for several hours and it might be impossible to compare it with Limburger cheese. If many a man, after a civilized debauch of gluttony, could take his stomach into his hands and look at the contents—he might drop it all. The culinary art—yes! That sounds lofty —but it is degrading.

WHY VEGETARIANS FAIL

Many "would be" vegetarians who, by sad experience, have learned that death is in the "flesh pot," seek information on the subject of diet, but, alas, they are generally misinformed by teachers and reformers who have only half of a truth and can not get away from extremes of some kind. The present diet of the uninformed civilized world is a most perverted one. It consists mainly of flesh, white flour (starch) bread, refined sugar and animal fats. It is very very poor in organic salts, but rich, yes, remarkably rich, in—drugs. Everything must be cooked, roasted, baked, salted, spiced and spoiled before it is fit to eat—(?) Some good uninformed people have acquired such perverted tastes that they can not relish an apple, a banana, an orange or watermelon unless it is cooked, baked or salted and peppered. This diet of flesh and cooked carbohydrates oversaturates the human system with albumen poisons and carbonic acid gas. Take the flesh out of this diet and it is worse than starvation. Atonicity followed by ruptures is often the result of this experiment. Next comes the proteid advocate

with cooked legumes, baked nuts and sterilized milk. Although this nitrogenous food is free from ready waste poisons, yet on account of being cooked it is predisposed to break down into proteid poisons like the flesh diet. It is true, this proteid food has enough positive organic salts to neutralize the waste acids it may produce; but the process of cooking renders those salts uselessly neutral and stable. Therefore an over ingestion of cooked proteid foods may prove nearly as destructive as flesh food. Next comes the salt advocate with the theory of "Saline starvation." He analyzes the animal body and finds that it is composed of a certain percent of various salts. These salts waste and therefore must be replenished. He analyzes the various foods and finds that vegetables (especially spinach and beets) are richest in saline elements. He certainly found part of the truth but he did not investigate the effect of cooking on the saline elements. Cooking alters every organic molecule and mineralizes and frees the most important saline elements. He advocates steam cooking in order that the free salts may not be cast away with the boiling fluid. Those who have tested this extreme have found that the free, unorganized salts of cooked vegetables have approximately the same effect on the body as strong mineral waters. Where the cooked proteid and albumen diet produces uric acid saturation with its consequent aches and pains these inorganic salts may collect in the joints and muscles and produce stiffness from irritation. These inorganic salts, like baking soda and table salt, are often eliminated in catarrhal eruptions and inflamed armpits. Those who have met with the discomforts of this diet go to an other rash extreme, adopting the "nut and fruit diet" and forbidding every vegetable that grows in or near the ground. The weak point in this diet is that it produces extreme negativeness which is often followed by mediumistic insanity. Now if flesh is saturated with the waste poisons of the animal, if cooked proteid foods produce poisonous alkaloids, uric and other acids, if cooked carbohydrate foods produce carbonic acid gas and saturate the blood with soluble starch, glucose and "refined(?)" sugar; if cooked vegetables contain useless free inorganic salts, and if the nut and fruit diet is not rich enough in positive organic salts — what is good to eat? ——? ——(!) ? Does this look like an insurmountable "trilema"—"quadrilema" or—"omnilema"? How did Nature evolute the human animal before he knew about fire; before he could make a caldron? How does the anthropoid ape survive his uncooked diet and thrive? Is there really such a thing as a RAW product in the realm of natural food? ——! P—o—o—r, perverted humanity! RETURN TO NATURE and adopt that wholesome unfired diet which includes all natural food. This diet supplies every want of our anatomical economy and it can be prepared, combined and served as neatly, artistically and temptingly as imagination and ingenuity can contrive, refinement and culture can demand and as varied as unperverted tastes can crave. The unfired foods always produce a feeling of satisfaction when enough has been eaten, hence overeating is unusual. When the system is once accus-

tomed to the unfired diet there will be a reliable craving for the right variety. You may fill your stomach ———— with impunity on the soups and salads prescribed in this book. Unfired foods do not ferment in the stomach unless a blunder was made in combining them. Unfired foods can not sneak into the system without a natural provision. The fermentation of unfired food is not half as injurious as the fermentation of the same cooked food. The variety of natural foods in their season can support vitality, health and endurance when cooked foods fail.

FLETCHERIZATION

In order to derive the greatest benefit from all food ingested it must be well macerated by the teeth, properly ensalivated and thoroughly enjoyed. The teeth did not evolve without the demand of necessity. The mechanical action of chewing starts the saliva. No solid food should be swallowed until it is soup in the mouth. Even liquid foods, water included, is more beneficial when chewed and churned to mix them with saliva. Saliva is the most important digestive fluid and solvent for starch. For this reason starchy food should be eaten dry in order to facilitate the infiltration of saliva. It is a proven fact that the gastric fluids differ according to the flavor of the food tasted. Therefore every particle of food should be scrupulously tasted and enjoyed.

The nerves of taste are also in close sympathy with the solicitations of hunger and craving for special food material. When the taste buds report the needed elements present a sense of satisfaction takes place. This explains the cause of overeating. The quantity and quality of saliva is improved by using it consciously. The sense of taste is also cultivated by the enjoyment of natural flavors. Those who would become healthy and beautiful should Fletcherize their unfired food with diligence.

SOAKING

All starchy foods, such as cereals, are best eaten dry for soaking water into them interferes with the salivary digestion. If they are soaked for the purpose of flaking then the flakes should be dried again in the sun.

OVEREATING

A moderate supply of unfired foods in season will furnish almost all the elements needed in building and sustaining a healthy, well balanced body. There is little room for overeating where the system does not crave for wanting elements of food. Where the diet consists largely of meat, boiled potatoes and white wheaten bread it is natural that the system should demand a large quantity of trashy food to find a little of the tonic elements. Satiation has nothing to do with the size of the stomach or the bulk of food material. The tastebuds control appetite by recording either a plenty or want of essential elements. A salad

consisting of one-half ounce of young linden leaves and one ounce of flaked nuts is more satiating than one-half pound of white wheaten bread. Try this salad and prove the fact to yourself. There is very little danger or risk in overeating on natural unfired foods as prescribed in this book because they are not so apt to ferment and cause autointoxication as cooked foods. An improper combination of unfired foods may ferment, but if it does the poisons produced are not as detrimental as those of any cooked food, and a subsequent meal consisting of a large dish of vegetable salad only will invariably cure the trouble. If you indulge in two or three meals each day four hours apart you will not be tempted to overeat.

FASTING

Nature often prescribes her own method of cure by taking away the appetite and craving for food. She even goes so far as creating an irresistible aversion for food. These signs should be promptly and religiously obeyed. Food should not be touched until there is a natural craving for it. When and as long as the patient has fever no food should be offered him except plenty of water internally and externally. Foods simply add fuel to the already raging fire and create danger. Pure fruit juices and vegetable juices diluted with 50 to 75 per cent of pure water are Nature's best aid in counteracting and eliminating disease. Read the article on blood purifiers. A protracted fast is sometimes the best means of correcting perverted vital functions and disorderly proliferation. A fast of three to five days is the best means of increasing will power. It must be remembered, however, that unless you can absolutely vanquish the desire and craving for food during the fast, even in the presence of luscious fruit, you will indulge in dangerous starvation. During your fast you must not allow the presence of food to stimulate the flow of saliva or gastric juice. If you can not do this do not fast more than three days. During the second day you may be troubled with a very sick spell, but do not allow this to discourage you, as it is only a storm of adjustment and is on the third day followed by a sweet calm of lightness and clearness. If food is taken during the sick spell of the second day the beneficial effect is destroyed. Benedict Lust, N. D., says. "There is no disease that can resist a proper period of sane fasting scientifically employed," provided the patient has enough vitality and will power.

H. Lindlahr, M. D., says: "Fasting is a two edged sword which may do as much harm as good when promiscuously employed." Fasting is indicated in diseases caused by mistakes in diet; such as colds, catarrh, tonsilitis, obesity, rheumatism and incipient consumption. Some cults of the orient advise fasting as a cure for old age. The process is to fast until the old and worn tissues are consumed in the effort to sustain life and then they partake of a selected diet to rebuild them a young body.

Fasting for health is absolutely useless as long as the intestines and

colon are full of decaying and rotten faeces. During the week before the fast the patient should diet only on fruits, herbs and roots in order to give tonicity to the intestinal tract. The last day he should eat only lettuce or cabbage because this is most easily carried along by the peristaltic intestinal motion. Lettuce or cabbage is the least injurious if portions of it do remain in the intestines and decay. This seldom happens. Drink all the water you crave during the fast. Never break a fast abruptly. Eat very little the first day. Break the fast with oranges, watermelon or some other light and juicy fruit. In conclusion, do not undertake a fast of more than three days unless you are properly informed or have the care of a competent doctor.

VARIETY

"Variety is the spice of life," but do not indulge in all the varieties at once or you will have no variety. You may indulge in simple harmonious and scientific combinations of foods for the sake of the pleasing blends of flavors and the satisfying of important wants and craving of the system at one sitting, but do not mix and jumble together foods that are foreign to one another nor mix a promiscuous something of everything lest you baffle the digestive functions and get into trouble. Always plan for such an artistic display and arrangement of the foods to be partaken that they will appeal, through the eyes, to the highest sense of art and refinement and vary succeeding settings to give new delight to those finer senses.

Each dish of a menu should be so changed in a succeeding menu that both the sense of smell and taste may be delightfully surprised, but in this do not cater to perverted taste and craving, or the lickerish palate of the glutton except with a determination to bring about normality and natural harmony of sense and function. In order to enjoy to the fullest extent the pleasures of health provide the stomach with a variety or change of material in succeeding menus in order to give the system a chance to absorb all the required elements provided in foods. This is accomplished by changing off or alternating in the lines of fruits, herbs, roots, grains and nuts.

Above all, plan all variety as a means to physical, mental, moral, spiritual and social health and within the limits of your financial standing.

THE TOXIC POISONS OF EMOTION

The operations of anger, fear, fright, terror and grief produce dangerously toxic poisons in the organism which, according to the quantity produced, may cause congestion of the blood, resulting in fainting or death. It may cause accute or chronic illness or it may cripple some function of the organism temporarily or for life. Every one has witnessed proof of this. Slaughtered meat is saturated with this poison

and it will irritate the nerves and burden the eliminative organs of the consumer. It may determine the turning point for life or death in the crisis of disease.

FLESH A STIMULANT

Flesh food is saturated with the waste products of muscle and nerve activities and ptomaines. These are toxic poisons which intoxicate delicate persons like alcohol. When these poisons irritate the nerves controlling the heart, the blood pressure is raised with a corresponding sense of exhilaration which is followed by reactionary depression. The blood which is saturated with uric acid (the waste product of flesh food), is sluggish, thick and viscid. Every new addition of this waste poison liquifies the blood temporarily by chemical oversaturation, but ——(?) (!) This process is cotemporary with the increased blood pressure.

W. M. Cornell, M. D., LL. D., says that flesh food lays the foundation for inflammatory diseases, tends to produce a putrid diathesis and putrid diseases and also has a bad effect upon the mind, producing peevishness, fretfulness and an irritable disposition.

When the blood is saturated with the waste products of flesh it is fertile soil for cancers and for zymotic and bacterial infections. The food elements in flesh are wholly catabolized (*i. e.,* worn out), and therefore take up energy in metabolic changes instead of giving out energy.

EGGS

The most common and prevailing danger of eating eggs are albumen poisoning. This fact is little understood, and therefore overlooked and reluctantly accepted by the majority of people who are slaves to perverted appetites. All the albuminous food ingested and absorbed in excess to the requirements of the tissues, catabolizes (disintegrates) into proteid waste (uric and other acids). Excessive proteid waste in the blood is the cause for rheumatism and similar diseases and the same substance is the food for all bacteria and miasma of disease. The Farmers Bulletin No. 128 by C. F. Langworthy, Ph. D., expresses the following facts. "Overindulgence in eggs, as is the case with other foods, may induce indigestion or other bad effects. Furthermore, eggs may be the cause of communicating some bacterial disease or some parasite. An egg may become infected with micro-organisms, either before it is laid or after. The shell is porous, and offers no greater resistance to micro-organisms which cause disease than it does to those which cause the egg to spoil or rot. One of the most common troubles due to bacterial infections of eggs is the more or less serious illness sometimes caused by eating those which are "stale." This often resembles ptomaine poisoning, which is caused, not by the micro-organisms themselves, but by the poisonous products which they elabo-

rate from materials on which they grow. Occasionally the eggs of worms, etc., have been found inside hens' eggs."

Sickly and emaciated persons are often ignorantly fed to death on eggs and their products. Boiling or scrambling the egg makes it less digestible and gives it the predisposition to disintegrate into unfavorable compounds.

MILK

Fresh milk from healthy cows or goats is good for those infants who can not be supplied with mothers milk. Cow's milk should, at first, be diluted with forty percent of pure water, to make it similar to mother's milk, but never add any other inorganic or chemical ingredient. The water may, gradually, be substituted with the juices of luscious fruits which will then supply the increasing requirement of organic salts. Our primitive mothers weaned their infants with the juices and soft pulp of luscious fruits but succulent herbs were used when fruits could not be had. When the infant becomes constipated give it some well churned (or beaten) thick milk diluted with fruit juice (or water). After the child is weaned fresh milk ceases to be natural or wholesome food. Milk is only naturally beneficial and wholesome for emaciated adults when it has become curdled. A cup of churned thick milk or buttermilk along with a dish of green salad may be served to convalescents with good results.

FOOD AND MORALITY

The science of sarcognomy teaches that there is an interdependence of harmony between all parts of the body and between all their corresponding functions, that every function of the body is in close sympathy with a corresponding function of the mind and that the physical, spiritual and moral health is dependent on the normal and harmonious functioning of every part of the body as well as every organ of the mind. The "Diagnosis from the Eye" proves this science. The science of feeding teaches that unnatural food perverts the functions of alimentation directly and indirectly, that the character of the blood is determined by the character of food and that the healthy functioning of every organ in the body is dependent on the character of the blood. Therefore we may expect disease, immorality and insanity, all, from the same cause, namely, unnatural food.

THERAPEUTIC VALUE OF FRUITS

In chronic and acute diseases where fasting is not quite advisable it is still best to refrain from taxing the digestive organs with bulky foods especially where the crisis must be hastened to give Nature a chance to be victorious. During the high fever period the patient

should be offered only fruit or vegetable juice diluted half or more with pure water. Such fruits as contain a high percentage of acid and a low percentage of sugar are to be preferred, namely, the orange, the grapefruit and lemon. (Commercial sugar should be avoided and prohibited as it adds fuel to the fire already raging).

As the patient recovers the sweeter fruits may be gradually introduced and these less and less diluted with water while partaken in the liquid form. The patient as a convalescent will do best when fed on fruit at one sitting and on tender herbs and succulent roots at the next sitting and so on. The acid tree fruits and the alkaline herbs and roots should not be served together when feeding for therapeutic results. Lettuce and endive are the best herbs for weak stomachs. Even those who are well will enjoy sweeter health, more joy in activity, keener perception and greater endurance when breakfast consists of fruits and a very small dish of brawn-food.

FRUIT ACIDS STERILIZE

Citric and malic acid, even in dilute form, quickly destroys typhoid, cholera and other fever germs. Water and milk containing fever or other germs may be made sterile by the use of these acids. Should it ever happen that vegetables are contaminated with typhoid or other bacilli, they can be soaked in lemon solution, 1 to 10 parts, which will effectively destroy the bacilli.

ORGANIC OR INORGANIC WATER

Organic or Inorganic Water: Which is preferable? A very little common sense and reason will make this plain. We will first take rain water. This is the purest natural water that can be obtained as it contains only traces of aerial minerals and were it not for the dirt of roofs and the flavor of shingles it would be more in demand. Artesian water is the very opposite, as it is saturated to its fullest capacity with inert soluble minerals which are often the source of trouble in the animal organism because they are hard to handle by the organs of elimination.

Shallow well and lake water has had a chance to deposit some of its burden of minerals. This is therefore the best source of common water.

Boiled water has only one advantage in that the germs of putrefaction have been destroyed. The deposit of stone in the kettle can only be considered as the load of the water that is evaporated.

Distilled water is chemically the purest but in many cases even this is burdened with soluble metalic oxides from the sides of the still. Such metallic oxides are more injurious to the animal organism than the inert soluble minerals in common water.

The water of fruits and vegetables, i. e. fruit and vegetable juices, are laden to the utmost of capacity with organic salts and sugars. Some of these organic salts aid in the process of elimination by uniting with the waste material and thus rendering it soluble and elimitable. Organic water, therefore, has a two-fold eliminating capacity above mineral water. It has been proven that after eating watermelon one may eliminate more water by weight than the weight of the consumed portion of the melon. This would prove that the organic salts in fruits aid kidney elimination.

THE TASTE BUDS

Did you ever think that the people's organs of taste are comparatively weaker than their organs of sight? Yes! They are unable to relish the innumerable delicate flavors which Nature has evolved in natural food. "The tastebuds are the eyes of the stomach." Reason and instinct permits no one to look into the sun when his eyesight is weak, but who, *who* reasons that salt, spices, and strong condiments act on the nerves of taste as direct sunlight does on the retina of the eye. This explains why people are not able to relish the delicate flavors of natural dishes. The trouble is due to the use of unnatural food which has blinded and perverted the sense of taste. Remove the cause and let Nature restore the powers of taste.

For every natural food is a special digestive fluid. These special digestive fluids are caused to flow by the stimulus of enjoying the flavor of the corresponding food. The stomach is unprepared for every food that is not enjoyed or tasted. If you would get the best results of the food you eat try to detect and enjoy the flavor of every morsel. Do not deceive the tastebuds and stomach with condiments, but instead combine such foods as will produce a harmonious blend of flavors.

CONDIMENTS

Fames (hunger) est condimentum optimum.

Condiments, if used, must be unfired, for when cooked they become irritants like drugs. The unperverted senses of taste and smell should be employed on the natural undiluted spicy herbs and seeds to determine whether they are wholesome for food or not. If they can not be eaten with good effects in their natural state they should not be used for food even in a dilute form. Black pepper is an incorrigible irritant and red pepper decreases and contracts the liver. It is best to avoid those condiments which could not be used as a natural food.

COMMON SALT

Salt, Sodium Chloride (NaCl) is a very stable substance, composed of chlorine gas which is intensely negative and sodium an intensely positive metallic element. The elements, sodium and chlorine, when

united to form a molecule still manifest their individual character by an intense molecular vibration. The molecular vibration of salt is as blinding to the sense of taste in the tastebuds as direct sunlight blinds the sense of sight to everything that is less bright. After a continued use of salt the sense of taste becomes so blunted to the natural and finer flavors of food that nothing savors or pleases except salt or condiments of equal intensity. For this reason salt has been commonly used to hide flavors objectionable to the normal or perverted sense of taste.

Salt is so stable that it can not be digested or broken up and utilized in the metabolism of the system. It is ingested as salt and excreted unchanged. Every cell in the system that absorbs salt contracts and thereby disgorges its albumen and other constructive elements. In this way it hardens the tissues in general and shrivels the corpuscles of the blood. It obstructs absorption of food and disturbs natural osmosis (the filtering through the membrane). It also interferes with secretion and excretion, prevents the formation of fibrin and dissolves the globules. It is a historic and scientific fact that salt in connection with flesh gives rise to scurvy, salt-rheum, kidney trouble and other cutaneous and constitutional disorders. The historic epidemic "Black Death," of Europe, was caused by pickled meat. Salt is the cause of the inflammation under the breasts, in the armpits and under the nose.

Salt causes an irresistible thirst which has led many a man to inebriety or dipsomania.

Salt has only a few uses in domestic economy. It is indispensable in liquefying ice below the freezing point. It compels ice to absorb positive temperature when used in freezers. It is substituted for sand in saltrubs. It is a good emergency emetic and, if need be, an irritant. Lastly it is a good antiseptic in substances that are not intended for food. English stockbreeders found it detrimental to the highest development of prize stock; hence, they have excluded salt from all stock-food. Their stock is known to be the finest. Salt is a poison to fowls, especially to songsters. Don't try it on your pet bird. In North Siberia salt is unknown as a food condiment.

COMMERCIAL SUGAR

Commercial sugar is an unnatural approximate food. The atomic constitution of sugar has been rendered inorganic in the process of cooking and refining. This is the reason why it can not be absorbed like the sugar in fruits and honey, why it irritates the mucous membranes of the stomach and intestines and why it so often produces catarrh of the stomach. Traces of the chemicals used in bleaching remain in the sugar and can be estimated as so much dilute poison. Brown sugar does contain some useless unorganized salt but its color is due to burnt sugar (caramel). Don't imagine that the digestive fluids can restore this sugar.

VACUUM SUGAR

As soon as the commercial world will place on the market cane or beet sugar concentrated by the cold vacuum process, leaving in it the natural organic salts undisturbed, then I will again advocate and advise the use of sugar. By means of the cold vacuum process it is possible to concentrate the sugar without altering the organic molecule and without separating the organic salt combination from the sugar.

WHOLESOME SWEETS

Honey and uncooked cane juice do not and can not overwork the liver and render it torpid as does soluble starch and commercial sugar.

An emaciated and depleted negro will crawl into the cane field and suck and chew cane stems until he is is sleek and strong.

The sugar and organic salt in cane juice is valuable food and tonic for brain, nerve, muscle and vital tissues. The same can be said of maple juice. These juices, uncooked, will thus foster health without the least danger of producing obesity or adipose tissue which is a condition of disease. Licorice root is another most wholesome sweet, rich in organic salts. When it is powdered it may be used like sugar.

HEALTH AND ENVIRONMENT

Since perfect health is the result of the normal activity of every function of body, mind and intellect, and since the majority of these functions are reactionary let us study the effect of environment on health. The mind reacts on the influence of all animate and inanimate environment and reflects the effect on the body for health or disease. Cheerfulness and serenity of mind, playfulness, confidence, love and kindness and varied intellectual activities are most important factors for health. An environment which suggests and perpetuates unpleasant and evil thoughts; fear, anger, hatred and revenge is most injurious to health and must be avoided by the convalescent. Therefore a natural environment and congenial company, affording proper entertainment and intellectual intercourse, are as essential to health as natural food, air and sunshine.

LAUGHTER

Laughter is an essential exercise for the civilized human being. A jolly and gleeful laughter expands the cells and tissues of the whole body, whereas sorrow, grief and the blues contract them. A pneumatic massage is taken in each spell of laughter. The induced spasmodic motion of the lungs produces a more voluminous circulation of air and brings more oxygen in contact with the blood than in common breathing. This produces a better circulation of blood and a more perfect digestion of food as the stomach and intestines receive their share of the massage. Laughter is a well known cure for indigestion and a sure cure for the blues.

DOCTOR NATURE

Supply Doctor Nature with all the organic medicinal elements found in wholesome unfired food and she, guided by infallible wisdom, will utilize them to your greatest advantage for prevention or cure.

NATURAL REMEDIES

Light	Draws the poison to the surface.
Air	Oxydizes and cremates.
Water	Carries poisons from the body.
Fruit Juices	Aid in depuration.
Vegetable Juices	Rich in detoxicating iron, sodium, magnesium and calcium.
Exercise	Aids circulation.
Pleasure and Recreation	Prevents the production of emotional poisons.
Sleep	Rests the voluntary and involuntary functions

DRUGS

Any drugs which can kill or destroy parasites, microbes or miasms or which can suppress any disease or the healing crisis of a disease is a destructive poison. Drugs which are poison to microbes are also poison to the living cells in the human organism. To give a patient drugs is equal to increasing the quantity of poison his system is battling with. Nature can not throw off two or more burdens more easily than one. Impurities can not deterge impurities. If you harbor scavengers in your system quit supplying the filth and the scavengers will leave or starve. If your system is out of harmony give Nature a chance to re-establish harmony and disease will be no more.

BLOOD PURIFIERS

There is only one natural and wholesome blood purifying medium and that is unfired vegetable juice and fruit juice. Such wholesome vegetables and herbs as contain the highest aggregate percentage of the positive (detoxicating) elements (Fe., Na., Mg. and Ca.) are best adapted for this purpose. The tables on food analysis will make this clear. All drugs concocted or decocted from vegetables or herbs by the thermal process (cooking) are unorganized and are often as dangerous (—!) as mineral or metallic drugs, because the system can not utilize or eliminate them. These saturate the blood still more with useless (rather irritating or dangerous) matter instead of purifying it. All inorganic elements (except pure water and fresh air) that are not bound in an organic molecule are dangerous and a source of trouble whether they are used for food or remedies.

Unfired herb and fruit juices used as blood purifiers should be diluted with fifty percent (or more) of pure water. When the juices are too acrid or tart they may be diluted with sweet juices or flavored with honey (not sugar as it irritates the absorbent surfaces). Sugar is unorganized in the process of manufacturing and hence is most unfavorable for remedial purposes. The juices may be extracted by grating, macerating or by means of an "Enterprise Juicer."

Cold or warm infusions of sun-dried herbs can be used as a substitute. Soak the dried herbs from five to ten hours. Do not use scalding or boiling water. Why not eat such vegetables, herbs and fruits in their natural state or in the form of salads? Do that while you are well as a fortification. The sick and the convalescent person is generally too weak to eat the required quantity of such remedial foods. In order to get the prescribed quantity of the purifying elements they would have to fill up so tight that the stomach could not act nor digest the bulk. The problem is, to get the greatest amount of unquestionable good at the least expense of energy. Drink a cupful of the prescribed juices (Detoxyl), warm or cold, one hour before breakfast and take a

fresh air exercise after it. Always drink detoxyl on an empty stomach, i. e., three hours after a meal and one hour before the next meal. The following list is in the order of efficiency:

Swiss Chard stems.
Lettuce.
Strawberries.
Radishes.
Kohl-rabi.
Sorrel leaves and stems.
Rhubarb stems.
Cucumber.
Pineapple.
Orange.
Tomato.
Tangerine.
Grape-fruit.
Apple.
Grapes.

BLOOD AND NERVE TONICS

Blood tonics are not far removed from blood purifiers. To properly tone the blood, nerves and vital tissues the whole list of organic tissue salts are indicated. Select judiciously of vegetables, herbs and fruits to suit the case. These may be prepared in the form of juices or salads. Study the lists under the various organic tissue salts and read the article on blood purifiers.

THE VALUE OF SUNSHINE

All vegetable-life utilizes sunshine in the process of anabolizing inorganic matter into organic material. Every ray of light, heat and energy derived from burning or oxidizing organic fuel is freed sunshine that had been imprisoned in the organic molecule by vegetable anabolism. The very existence of vegetable life depends on sunshine. Animal-life is not so far removed from vegetable life that it can do without sunshine. Instinct prompts the fish and wild animals to bask in sunshine. Even the mole basks where the sunshine can penetrate a thin layer of sandy earth. Nature did not cover the human body with a dense coat of hair. Why? —? It would take a volume to explain why the law that perpetuates the fittest, should have selected the nude human animal. After a little sane reasoning the reader will agree with me that Nature fully intended that the human body should be exposed to sunshine and air for chemical reasons. The function of chlorophyll in plants is to transmute inorganic matter into organic matter by the aid of sunshine.

THERE ARE CELLS IN THE TISSUES OF THE HUMAN SKIN WHOSE FUNCTION IS ANALOGOUS TO THAT OF CHLOROPHYLL and this stands to reason when there are, actually, some lower animals whose tissues contain chlorophyl granules. It is a proven fact that the skin absorbs solar energy. It has also been proven that the perspiration gathered during a solar bath is composed largely of uric acid and other waste poisons; whereas, that gathered during hot-air or steam baths is composed mostly of blood serum. Sunshine therefore draws the blood to the surface, vitalizes the skin and stimulates its respiratory and eliminative functions; thus relieving the overworked lungs, liver and kidneys. Furthermore, sunshine, by supplying the proper energy, stimulates every function of the body to normal activity. What is more important in preventing disease and restoring health, vitality and strength? Natural food, fresh air and sunshine are the infallible factors in preventing and curing consumption. There is nothing like sunbathing for those who are emaciated from any disease. I would advise every seeker for health to take a nude sunbath every day and if your neighbors object wear a single open mesh garment through which sunshine can penetrate.

Doctor Babbitt has summed up many facts bearing upon the power of sunlight to augment strength, beauty and intelligence. Those races who go partly or wholly nude in the sun demonstrate their superior strength and physical development. No race that swathes in sunproof, airproof garments can compete with the nude Dyaks, Ahts, Kaffirs, Arabs and Fuegians for strength, speed and endurance.

Sunshine, fresh air and proper exercise are as essential as natural (unfired) foods for gaining and maintaining health, vitality, strength and beauty. Some very thoughtful women keep the blessed health-giving sunshine out of the house because it bleaches the carpet. Does this sound consistent?

When you tan very quickly it indicates that you should take plenty of sunbaths to eliminate the poisons in your system until the tan leaves and the beautiful pink color of healthy blood remains on the whole body. Remember that THE CHLOROPHYLL-LIKE FUNCTION IN THE SKIN HAS THE POWER, WHEN AIDED BY SUNSHINE, TO CHEMICALLY, TRANSMUTE INORGANIC ELEMENTS AND POISONS INTO ORGANIC AND USEFUL ELEMENTS AS IS DONE IN THE LEAF OF PLANTS.

THE LIFE OF FOOD

We do eat live fruits, herbs, nuts and grain—?—not to absorb their life to sustain our life—!—but, in order to get the food material anabolized or organized to the highest perfection and stored with the greatest amount of sun-energy and before it has a chance to catabolize or disorganize and lose its store of energy in the process of decay or

returning to inorganic life. The idea of absorbing life to sustain life is held in ignorance and superstition in the minds of those who are not yet fully ransomed from the cannibal of the past to the human. Life substance or magnetism can only be communicated or exchanged on the same plane of being.

ORGANIC MOLECULES

An organic food molecule is an anabolized molecule in which the composing atoms are held together in loose or forced affinity by a superimposed force (solar energy) which is liberated in metabolic and catabolic changes. The basic atom of the organic salt molecule is only valuable and available as long as it is held in loose affinity. Organic foods are those in which the loose affinity between the composing elements is undisturbed by fire or decay. The inorganic molecule is the result of chemical affinity; whereas, the organic molecule is constructed or built up by confined association of the atoms and incomplete molecules in the organic cell.

THE TOOTH DESTROYERS

The alum, soda and salaratus used in baking powder, mercurial and feric (iron) drugs and all foods which ferment in the stomach are injurious to the health of the teeth. All approximate and refined foods are deficient in the elements from which strong teeth can be built. The teeth are also indirectly injured by the perpetual use of soft foods. The teeth without natural exercise can not get proper nutriment from the blood.

THE BABY

Dr. Woods Hutchinson says "The baby knows, instinctively, what he wants, when he has enough and will reject vigorously what does not suit him." During the first three days of his existence the healthy baby cries but little and sleeps a great deal. During this period he is supplied with plenty of food in his veins and requires no other food, in fact, he is better off without it. Nor is there a natural supply of food for him until the third day. Colic and "colickiness" is generally due to the senseless insistence of officious nurses and anxious mothers crowding things into the baby's stomach during the first three days. Mother's natural supply of milk is the most wholesome and safest food for baby until he is to be weaned. Start him first with the sweet fruit juices and gradually introducing more and more of the soft pulp. After a while you may introduce the succulent vegetables beginning with lettuce.

WHOLESOME POULTICES

For bee stings, burns, scalds, frost bites, inflamed abrasions and local inflammations a poultice made of grated potatoes, grated onions or other grated vegetables is very cooling and it assists nature to eliminate the poisons more readily. It does locally what a cold pack does over a larger area. It does not suppress Nature's operations. When a very large area of the body is scalded then apply olive oil (or other vegetable oils) mixed with sodium-bicarbonate (baking soda) until it is like butter. Change this application as often as the pain returns.

DOMESTIC HARMONY

It often happens that the question of right feeding and right living causes the most serious family jars. Some husbands or wives, however, bear their burden in secret because they wish to keep harmony as long as possible; but secret burdens are the hardest to bear and speedily grow to unbearable dimensions. Discontent is sure to grow alongside of this burden and then finally some other minor affair, generally, is the last straw that breaks the camel's back or the pebble that starts an avalanche. Weed it out while it is small. When husband and wife can not agree on the question of right feeding then let the wiser one give in and see to it that he or she gets the best of meat procurable and plenty of it and let every particle of food be thoroughly cooked and let this be of the most strengthening and of the most refined that can be bought. Nature will soon forbid this debauchery without a word said about it. This is the best way to convince stubborn ignorance. Never try to keep him or her from eating flesh or cooked foods as long as he or she is not convinced that it is an undesirable habit and as long as he or she has not outgrown the craving for such food—?—because the absence of the material desired increases the very craving for it. This is why forbidden food tastes the sweetest.

The very best way for reasonable people to settle the food question, once and forever, is that both parties agree to thoroughly investigate the value of natural feeding during a period of six months exclusively and then try the old system again for a week or two. By this time both parties will be mutually convinced that the natural diet combined with right living increases the joys and pleasures of life and makes them more lasting.

SOCIAL DINNERS AND ETIQUETTE OF FEASTING

Man is a social being. To feast in common with others is a proper and rightful response to man's social nature (instinct). From time immemorial social eating, drinking and feasting has been the ceremony that welds social equality on respective planes and that binds true friendship of the kindred minded and kindred souls. Therefore if a man

indulges in a social smoke, in a social beer or social intoxicants of any kind he degrades himself to the plane of the perverted, unrefined and inebriates. If a woman indulges in a social tea or coffee (of the intoxicating kind) she degrades herself to the plane of female sots.

In like manner; anyone who dines at a social dinner, where flesh food is served, degrades himself to the plane of cannibals. Surely; my host or hostess who would honor me by inviting me to a social dinner would not (intentionally or otherwise) degrade my social standing and character by the presence of a measly mouthful of disease breathing, filthy flesh food—. Surely not! It is sacrifice enough when a hygienic reformer condescends to partake of inferior (cooked or baked) food. Let me repeat to those who would give social dinners. Let it be your prime aim to cater, first, to the health of the body with wholesome food, next, to social refinement and then to ethical and spiritual unfoldment.

It is therefore necessary that the best forms of etiquette required by good breeding be complied with. The arrangement of the spread should suggest harmony and the decoration and garnish should appeal to sense of beauty and art but never to extravagance. The dinner talk should be entertaining, cheerful, jolly and interspersed with gentle laughter. All unpleasant subjects, including diet, should be avoided at the table.

THE POWER OF RESISTANCE AND RECUPERATION

It has been proven in history that the people and races that live on the most natural foods have the greater resistance against the attack of diseases and when wounded, at times almost fatally, heal up and recover in most remarkable speed, whereas those who subsist on unnatural foods and whose blood is, consequently, burdened with unnatural elements, body waste and effete poisons fall subject to blood poisoning and die even under most favorable circumstances. Example. The Turco-Greek and Russo-Japanese wars.

MAN IS A FRUGIVORE AND HERBIVORE

Those branches of the great tree of the animal kingdom are best developed and flourish most which keep most closely to that kind of food for which their organism is adapted. Man is no exception to this rule. The entire anatomy of man, in structure and functions, proves him to belong to that branch of the animal kingdom which chiefly subsist on fruits and succulent herbs. Man is, therefore, neither a carnivore nor an omnivore. It stands to reason that Nature's intended food, for which the system is fitted, would produce the highest tonicity and development of all the organs and their functions.

THE VEGETARIAN SPORT

If you would be a sport. If you love to go out into the wildwood. If you love to hunt. Then be a vegetarian sport. Do not take a gun for there is no pleasure in shooting herbs. Take a knife and an appropriate bag and hunt the wild herbs which are rare or plentiful. Learn to know the habitat of delicious and wholesome wild herbs. Bag the leaves or flowers of such herbs and bring them home and give them to your mother, your sweetheart or wife that she may prepare the rare dish in her sweet way. If you found a plenty of such herbs as keep for a day or two in cold water when stored in a cold place reserve part of them for a subsequent meal or else have your nurse prepare them for a social dinner and invite your friends to partake of the rare dish. If you feel prompted to divide with your friends—do that. Such sport, and such feasting will not degrade the soul nor defile the temple in which it lives.

THE SENSE OF SMELL

People who always feed on natural foods generally have a keen sense of smell. This fact is partly due to their constitutional health, to living in clean, live, air and partly to the habit of paying attention to the odors emitted from different people and domestic and wild animals. These people tell us that persons, apparently healthy, feeding largely on flesh food radiate a disagreeable, stinking, odor which is not found emitted by vegetarians. Every surgeon corroborates this by telling us that the flesh of a meat eater emits an almost unbearable odor especially when the operation is in the region of the viscera which is not so with vegetarians. Every disease can be recognized by the odor it produces.

Serenity of mind, peacefulness and a kindly attitude to all life causes the body to emit an odor distinctly different and always pleasing whereas hatred, anger and revenge produce disagreeable odors to those who can perceive them. It is said that all destructive beasts emit an odor which is, at once, a warning of danger to other animals. Mr. Kellog, a naturalist, has proven this to his own satisfaction in extensive experiments with his dog, Don. Corroborate this with what you know and with what others have told you; reason cooly and deliberately and form your conclusions.

SUNSHINE AND SHADOW

Stand before a large mirror:—and try to determine for yourself, which of the following attitudes will increase your circulation, will aid digestion, will make the time pass pleasantly and which will help to cure diseases of mind and body. Drop your shoulders, chin, the corners of your mouth and frown, scowl and look "grouchy;" but stop this before it takes a hold of your constitution. Now:—Take a deep breath, throw

your chest out, stand erect, open your eyes wide, raise the corners of your mouth, and smile! Grin!! LAUGH!!! Cultivate this into a habit if it does you good. Try this also:—Raise the corners of your mouth into a smile and try to feel sad—if you can.

NURSING, A FINE ART

Every little girl instinctively loves to play nurse to her doll and later on to her playmates. The tender hopes of a young lady include nursing. The young woman realizes sweet joys in nursing her husband and the young mother enjoys the most sacred instinctive pleasures in nursing her sweet darling. Thus Nature has sanctioned the inclination to nurse by inscribing it deep into the heart of woman. Nursing is now one of the fine arts and will become the true art of healing. What well bred woman could disdain to be master of the art of nursing? It means great usefulness to self and humanity to be well informed in nursing. The hospital nurse will cease to be when the home nurse can outwit the doctor. The home nurse will prevent and cure all diseases of body and mind by judiciously serving Nature's unfired panacean foods. The accomplished nurse will know how to select, prepare, combine, garnish, set a spread and serve. Wholesome food is the foundation of health, beauty and refinement of character.

THE LIGHT, AIR AND LABOR CURE.

TWO ORANGES FOR A NICKEL are cheaper than beer. They stimulate more but are perfectly harmless. Two oranges each 2½ to 3 inches in diameter contain 8 ounces liquid or a pint. The 8 ounces contain ¾ ounces stimulant sugar and ¼ ounce nutrient elements. What beer can equal orange juice when there is not a single wholesome element in any beer.

A FEW MAXIMS

"Where Reason Rules the Appetite Obeys."

"There is no gluttony
or inebriety
where Nature provides
and woman nurses."

"The cook made it possible
for the doctor to exist."

"Where the cook is discharged
and the nurse takes charge
the doctor goes by."

"Natural foods contribute to
Physiological,
Financial,
Domestic and
Social
Economy."

"Your body partakes of the character of food."

"What comes out of the mouth is characterized by what goes into it."

"Tell me what you eat and I will tell you who you are."

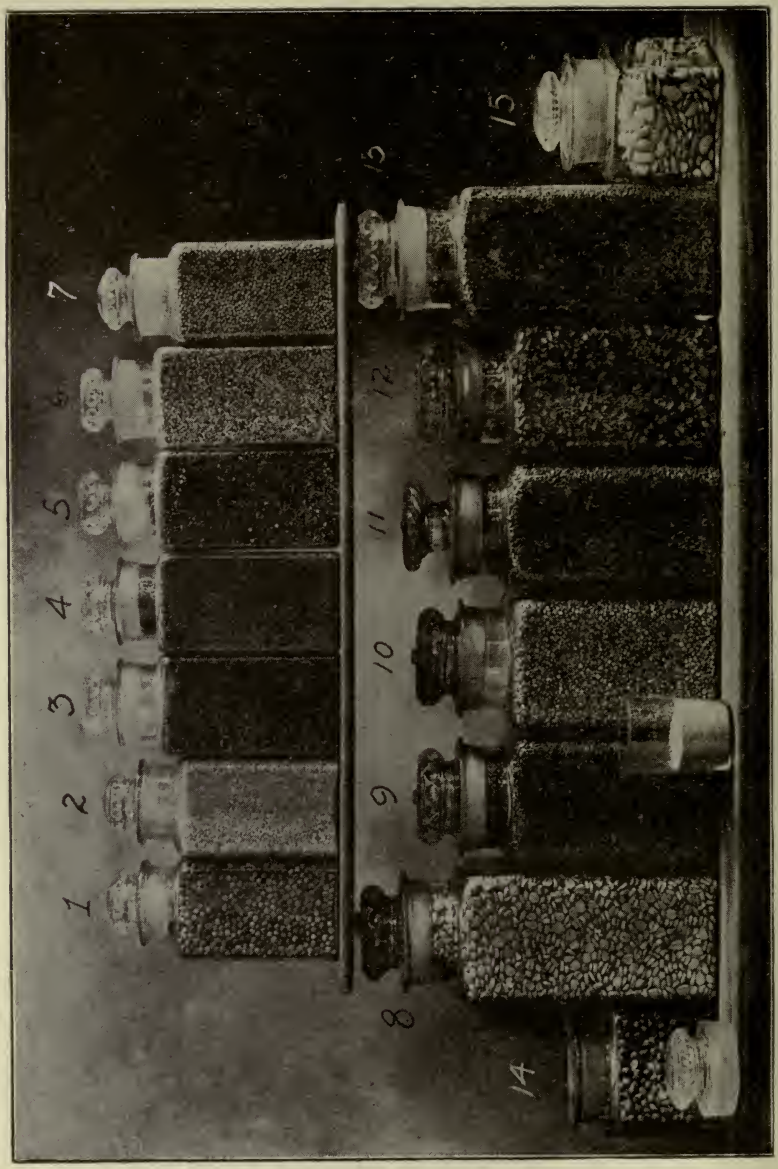
"Cease to eat when food tastes best" is a rule invented for cooked food only.

It is said, by good authority, from a cooked food standpoint: "The aged should eat less as they grow older; because the ripe body requires less food according to age." This chastisement and starvation is the reward for feeding on perverted food.

The aged as well as the young who feed on natural food may satisfy and gratify their unperverted appetite and craving with impunity. The dictates of the sense of alimentation may be trusted when feeding on natural food. The alimentary canal of the aged requires normal exercise as well as that of the young; while the absorption of natural food is controlled by the demand of the system, which then controls digestion.

Ignorance fosters disease, sin and crime.

Alimentary Botany



1. Peas
2. Rice
3. Spelt
4. Hulled Oats
5. Milo-Maize.
6. Hulled Buckwheat
7. Kaffir-Corn
8. Brazilian Flour Corn
9. Rye
10. Jerusalem Corn
11. Hulless Barley
12. Sweet-Corn
13. Wheat
14. Peanuts
15. Lima-Beans

ALIMENTARY BOTANY

Under this head the author has sought to give the necessary information on the available natural food material produced by the vegetable kingdom. He found by investigation that the people generally know nothing of the many natural and wholesome foods that Nature provides outside of the garden and farm products demanded on the market. There are many wholesome uncultivated herbs growing in waste and desert places, in fields and woods which could be gathered profitably for salads; but people fear to taste them; yet when a doctor prescribes actual poison they fear no danger. The author wishes to call special attention to the Salad Flowers, the uncultivated herbs and the rarer vegetables. This whole subject is presented from the standpoint of Prophylactic Foods.

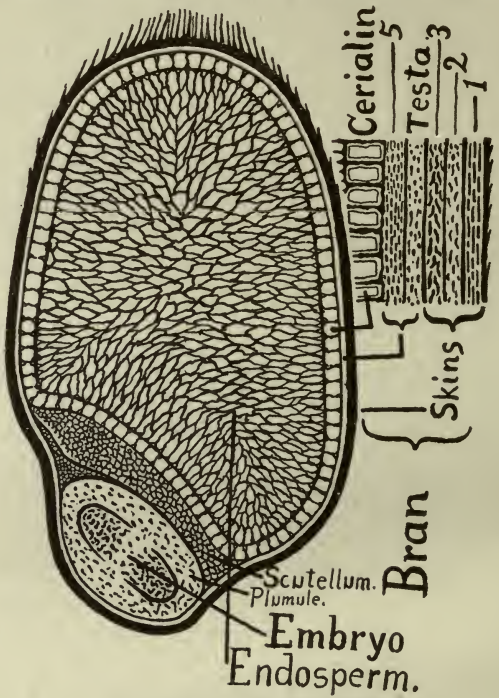
WHEAT

The natural (unpolished and unfired) wheat berry contains all the elements in proper combination, which are necessary to maintain health (normal metabolism) indefinitely. We cannot improve upon Nature's products, either by polishing, separation, fermentation, baking or cooking. Every attempt in this direction has proven detrimental. The common white wheat bread, as it is known today, is no longer the "staff of life."

The six layers of bran contain several most essential food and tonic elements. These layers weigh about thirteen per cent of the whole grain. The outer coat, one, of the skins is composed of cellulose which stimulates the peristaltic function and prevents constipation. The second and third coat of the skin contain the salts of phosphorus and potassium, which are indispensable in the construction and reconstruction of bone and teeth. The three remaining layers of the bran form the envelope of the seed proper. The first one of these is the testa. This and layer five contain coloring matter and some valuable salts. Layer six is called the cerealin or aleurone layer and weighs about eight per cent of the whole grain. Cerealin is a nitrogenous substance which gives flavor to the grain. This valuable bran is too coarse (hm?) for the delicate and perverted human animals. It is much nicer or even stylish to take some bitter and acrid concoction prescribed by a doctor (hm?). The hogs and cows know better!

The scutellum is composed of proteid, oil and organic salts. This combination is very soluble, as it is the first food for the young embryo. The embryo is composed of cellulose, nitrogenous matter and oil. These parts are so rich in oil that the miller cannot allow them to go into the

flour or it will all become rancid. The endosperm is the portion that makes white wheat flour. It is composed of starch, cellulose and gluten. These elements produce heat and energy, but without the proper organic salts contained in the bran, scutellum and germ, they cannot produce good brain, nerve and bone, nor strong elastic muscle. In the process of baking the most digestible part of the starch is consumed by the yeast germ and changed into alcohol and carbonic acid gas. The very little of organic salt that is left in the white flour is freed from the or-



A GRAIN OF WHEAT.

ganic molecule by the heat of baking and thus rendered unavailable. Now it is plain that white bread is the prevalent cause of stomach troubles, constipation, mal nutrition, brain fag, decayed teeth and the overwhelming increase of ruptures. "Back to Nature." Buy good seed wheat by the bushel or peck from reliable seed houses and grind it yourself from day to day in a wall mill or table mill and eat it in the form of "Nut-O-Meal" or "Brawn Food" as directed in this book. If your taste is not extremely perverted you will find it delicious, wholesome and simple.

Dr. Tryon of the fifteenth century says: "Whoever values health and would be true to Nature must not separate the bran from the flour.

GRAINS

The anatomical and analytical description of wheat may be applied to all the other grains with slight variations.

Oats

Of all the grains hulled oats is the softest, the sweetest, the most spicy and the richest in saline elements. Even its cellulose is easily digested. It is the most important grain for mother and the growing child. Its constituent elements have much the same ratio as those in milk. It is pleasant to chew whole, but it can also be ground into "Scotch oatmeal" on your wall mill or table mill. The meal in the form of "Brawn Food" can be served even to the toothless. Do not grind it too fine. Fresh hulled oats is always preferable to "Steel Cut Oats" which is sold at the groceries. Fresh hulled oats used to be sold as chicken feed at Siegel & Cooper, Chicago.

Hulless Barley

Hulless barley comes next to oats considering its nutrient and tonic ingredients. It is as naked as wheat, which it resembles, but it is much harder. In spite of its hardness, when ground and served in the form of "Brawn Food," it is preferable to wheat. It can be procured from seed houses or health food stores.

Maizes

Jerusalem corn has the largest kernel of the maizes. Milo maize is next in size. Kaffir corn must be kept in a very dry and airy place. The maizes are medium soft and brittle, resembling corn. Maize is somewhat too dry and brittle by itself, but when mixed half and half with rye and ground together, a happy medium is struck, which improves the flavor and consistency of both grains. This meal served in the form of "Brawn Food" has laxative properties.

Buckwheat

Hulled buckwheat serves an excellent diversion in the line of cereal foods. It is strong in heat producing properties and therefore is a good winter cereal. It is very crisp and softer than hulled oats and has a nutty flavor. It is best served whole and may be mixed with a very few chopped nuts. Children like it. Buckwheat can be hulled at home by grinding it with the stones set so far apart that they merely crack the hull and then the hull is sifted and fanned out.

Rye

Rye is an excellent laxative cereal, but its meal has a tendency to gum in the mouth and stick to the teeth. This, however, can be easily remedied by mixing into two parts of rye one part of rice, rice-corn or Brazilian flour corn and then grinding the mixture to meal. This meal has a good flavor in "Brawn Foods."

Spelt

Spelt is a grain similar to wheat, but not so rich in glutin, therefore more brittle and has a slightly warm flavor. Green Kern is spelt harvested before it is fully ripe and in this form it has a very spicy flavor and therefore is much relished in "Brawn Foods."

Corn

Sweetcorn, ricecorn and Brazilian flour corn are a most excellent natural food, just before they are ripe and hard. It is then that their flavor is most delicious. Cooking does not and cannot improve the young corn but, to the contrary, ruins its best qualities.

Sweet Corn

Sweet corn is the only grain the meal of which makes the best unfired pie crusts which do not become soggy and retain their flavor. Sweetcorn meal makes very sweet, but also very satiating "Brawn Food." On account of its sweetness it does not blend well with peanuts, but very well with pignolias or other nuts.

Rice Corn

Rice corn, Brazilian flour corn and rice with grated cocoanut make delicious "Brawn Food" as white as snow. Rice corn has laxative qualities.

Brazilian Flour Corn

This corn is the softest of all the corn known. It is not as soft as hulled oats, but so near it and so brittle that it will take the place of popped corn in the unfired diet.

CORNMEAL made of the whole grain cannot be kept very long as the oil in the germ and surrounding scutellum readily oxidizes and becomes rancid. Therefore buy the corn and the other grains and grind them yourself when you want them.

Rice

It is a mistaken idea, fostered by ignorance, that rice cannot be eaten unfired (unexploded). Unpolished rice makes a wholesome and palatable meal for "Brawn Food." After a long line of investigations the author discovered that rice meal and rice corn meal are the best (and rather the only) meals that can be mixed with honey to make unfired wedding cakes.

Millet

German millet when hulled and ground to meal makes good and wholesome "Brawn Food," but after it is hulled it has a tendency to get rancid. When buying German millet always taste it to make sure that it is not rancid.

Wild Rice

Wild rice must not be forgotten, as it is sweeter than common rice.

In conclusion let me say that the unfired foods need not be motonon-ous with such a variety of grains. In cases where you cannot get the grain you want from your grocer or health-food store try the larger seed houses.

BANANA MEAL

The plantain banana which is not sweet enough for a commercial fruit yields a wholesome meal when sliced and dried in a temperature which is below that of scalding water. The sliced banana after it is dried and before it is ground into meal is called "banana fig." The banana fig can be bought in wholesale quantities and eaten whole or ground to meal for "Brawn Food."

COMPOSITION OF CEREALS

	Water	Proteid	Oil	Carbohydrates		Ash	Fuel Value in Calories per oz.
				Starch	Cellu-lose		
Oats, hulled	10.5	13.0	6.3	65.2	2.0	3.0	104.9
Barley, hulless	10.5	12.4	1.8	69.8	2.7	2.8	98.0
Millet (Hirse)	11.3	11.3	3.6	67.3	4.2	2.3	98.5
Kaffir Corn	12.1	9.3	4.4	70.4	1.5	2.2	102.0
Milo-Maize	.....	.....	.....	....	....	....	.....
Jerusalem Corn	.....	.....	.....	....	....	....	.....
Buckwheat, hulled	12.6	10.4	3.0	70.3	1.7	2.0	99.4
Rye	11.6	10.6	1.7	72.0	1.7	1.9	98.2
Wheat, spring unpeeled	10.4	12.5	2.2	71.2	1.8	1.9	98.1
Wheat, winter	10.5	11.8	2.1	72.0	1.8	1.8	.....
Spelt (Emmer Wheat, Green Kern)	.....	.....	.....	....	....	....	.....
Corn	9.5	9.9	3.8	73.7	1.4	1.7	104.7
Sweet Corn	.....	.....	.....	....	....	....	.....
Rice Corn	.....	.....	.....	....	....	....	.....
Flour	.....	.....	.....	....	....	....	.....
Brazilian Flour Corn	.....	.....	.....	....	....	....	.....
Rice, unpolished	12.4	7.6	.9	67.4	1.5	1.2	98.1
Rice, polished	.....	.....	.....	....	....	.4	.....
White Bread	33.4	8.6	.9	56.6	....	.5	76.4
Banana Meal	12.0	4.7	2.2	77.9	....	3.2	99.6

CEREALS
THE COMPOSITION OF THE ASH IN FRACTIONS OF 100 PARTS

The Water is Deducted in These Figures	Percent of Total Salts	Iron	Sodium	Magnesium	Calcium	Potassium	Phosphorus	Sulphur	Silicon	Chlorine
Oats	3.35	.04	.06	.25	.12	.61	.87	.06	1.31	.03
Barley	3.10	.05	.13	.39	.02	.51	1.02	.09	.89	....
Buckwheat	2.29	.04	.14	.28	.10	.53	1.11	.05	.005	.03
Rye	2.15	.03	.02	.24	.06	.68	1.02	.06	.03	.01
Wheat	2.12	.03	.05	.26	.07	.65	1.00	.01	.04	.007
Corn	1.90	.02	.02	.29	.04	.57	.86	.02	.04	.04
Rice	1.37	.02	.06	.15	.05	.33	.71	.007	.04	.001

SALINE MEAL

Saline meal of one ounce of dried Swiss chard leaves to three ounces of Hulless Barley analyzed.

Water	11.5	Iron	2.1
Protein	15.3	Sodium	11.9
Oil	2.2	Magnesium	11.0
Carbohydrates	63.3	Calcium	3.5
Organic Salts	7.7	Potassium	16.3
		Phosporus	27.2
	100.0	Sulphur	4.0
Fuel value or Calorics per ounce	92.18	Silicon	22.5
		Chlorine	1.5
			100.0

NUTS

Nuts in general are the best, the most wholesome and most economical source of Protein, because while they are eaten unfired their protein is well balanced with the positive salts (detoxyl). The nuts bear no exception to other foods in the fact that baking deteriorates the usefulness of their positive salts.

For economical reasons it is best to buy all nuts shelled provided they are fresh and not exposed to moist air. The fresh **COCOANUT** grated produces the most delicious blend of flavors in "brawn foods," sweet fruit salads and all the mild herb and root salads. The fresh cocoanut milk should not be wasted. It is nature's provision for infants and invalids. The **SPANISH PEANUT** is the softest and most useful in the unfired diet, because it can be used in a greater variety of ways than any other nut. To those who have learned to like the peanut, it takes the place of milk, butter, cream, eggs, sugar, salt and spices. The

flaked peanut is the solution to an inexpensive but substantial "brawn food." No other nut can take the place of peanuts in making hot, pungent, acrid, bitter or strong herbs or roots palatable and often most delicious. It also blends well with all herbal fruits, including bananas and dates and of the tree fruits, the lemon, but it does not blend well with the sweet tree and shrub fruits, locust bread and sweetcorn. The experienced nurse will always buy the fresh shelled Spanish peanut at wholesale, in not less than ten pound quantities. The peanuts and the cocoanuts are the least expensive of all the nuts. Next to the peanuts comes the Mexican or Italian pine nut, called **PIGNOLIA** or "proteid nut." It is a most digestible, very soft and sweet nut with a slightly resinous flavor. It can be flaked and used just like the peanut with the exception that it blends with sweet fruits, but cannot restore very acrid herbs. It may be bought shelled at wholesale in five pound quantities.

The **ALMOND** is another useful nut as it also bears to be flaked or ground, but I do not advise it being blanched, because its skin is of great service in the intestines. **WALNUTS, PECANS, BRAZIL NUTS** and **FILBERTS** have each their special virtue and serve for variety. They may be used chopped or coarsely grated, but they cannot and must not be flaked or ground as their oil separates when exposed to the slightest pressure. All the nuts are useful in brain and bone building as they are very rich in magnesium and phosphorus, especially the almond. For the food analysis and saline value of nuts study the tables.

COMPOSITION OF NUTS

	Water	Protein	Oil	Carbo-hydrates	Ash or Salts
Cocoanuts	15.0	5.7	50.6	27.9	1.7
Cocoanut-Milk	91.5	7.2	.1	.....	1.2
Chestnuts	40.3	6.3	4.5	47.1	1.8
Pignolias	3.3	14.6	61.9	17.2	3.0
Brazil Nuts	5.3	17.0	66.8	7.0	3.9
Pecans	2.7	9.6	70.5	15.3	1.9
Filberts	3.7	15.6	65.3	13.0	2.4
Pistachios	4.2	22.3	54.0	16.3	3.2
Hickory Nuts	3.7	15.4	67.4	11.4	2.1
Almonds	4.8	21.0	54.9	16.7	2.6
Walnuts	2.5	18.3	64.2	13.0	2.0
Butternuts	4.4	27.9	61.2	3.5	2.9
Peanuts	9.2	25.5	38.6	24.7	2.0
Ground Nuts	7.5	24.5	50.0	11.7	1.8

THE COMPOSITION OF THE ASH IN FRACTIONS OF 100 PARTS

The Water is Deducted in These Figures	Percent of Total Salts	Iron	Sodium	Magnesium	Calcium	Potassium	Phosphorus	Sulphur	Silicon	Chlorine
Cocoanuts	2.00	....	.17	.18	.09	.86	.33	.10	.01	.26
Almonds	2.73	.02	.01	.48	.23	.77	1.19	.01	.008	.006
Walnuts	2.05	.03	.05	.27	.18	.63	.89	.001	....	....
Chestnuts	3.01	.005	.21	.22	.12	1.72	.55	.11	.05	.02

THE SALTS AND PROTEIDS OF NUTS COMPARED

	The Percent of Ash Salts	The Percent of Protein	Ratio	Fuel Value Calories per oz.
Cocoanuts	1.7	5.7	1 to 3.3	52.36
Chestnuts	1.8	6.3	1 to 3.5	72.10
Pignolias	3.0	14.6	1 to 4.1	192.47
Brazil Nuts	3.9	17.0	1 to 4.4	195.97
Pecans	1.9	9.6	1 to 5.0	205.33
Filberts	2.4	15.6	1 to 6.5	197.41
Hickory Nuts	2.1	15.4	1 to 7.3	200.67
Almonds	2.6	21.0	1 to 8.1	181.50
Walnuts	2.0	18.3	1 to 9.0	197.71
Butternuts	2.9	27.9	1 to 9.3	190.15
Peanuts	2.0	25.5	1 to 12.7	154.56
Ground Nuts	1.8	24.5	1 to 13.6	167.43

LEGUMES

Beans, Peas and Lentils are the richest proteid foods known. It must be remembered, however, that cooked legumes are as injurious to the general health as they are rich in proteid elements, because they tend to saturate the blood with proteid waste poisons. Unfired legumes are as wholesome as any other natural foods because their organic salts are still unstable (digestible) and thus able to neutralize proteid waste products. No one can eat too much of unfired legumes; but this is not true with cooked legumes. The *lima bean* has the least of that papilionaceous flavor and therefore the ripe, dried, lima bean can be soaked and used in winter salads just like the young lima bean. All the other beans are too harsh when ripe and therefore cannot be used in unfired dishes. Green string bean salads and wax bean salads are as valuable as any green salad recommended for tonic values. The flowers of the hyacinth bean, double dolichos and other flowering beans make tempting and wholesome salads.

Young green peas in summer and dried green peas soaked in winter make palatable salads when dressed with honey. The chick pea (nahit) (Circer) deserves special attention here as it is the sweetest of all peas. Soaked it can be used for salads and when ground and mixed with grated cocoanut it makes a palatable meal. Soaked lentils dressed with honey make a delicious salad especially when soaked in lemon juice.

COMPOSITION OF LEGUMES

	Water	Protein	Oil	Carbohydrates	Ash or Salts	Fuel Value Calories per oz.
Lima Beans	10.0	20.3	2.0	62.8	4.9	99.57
Water Deducted					5.4	
Navy Beans	12.6	22.5	1.8	59.6	3.5	97.93
Water Deducted					4.0	
Lentils	12.0	25.0	1.9	58.3	2.8	99.55
Water Deducted					3.3	
Peas	9.5	24.6	1.0	62.0	2.9	101.03
Water Deducted					3.2	

COMPOSITION OF THE ASH IN FRACTIONS OF 100 PARTS

	Percent of Salts After Water is Deducted	Iron	Sodium	Magnesium	Calcium	Potassium	Phosphorus	Sulphur	Silicon	Chlorine
Lima Beans	5.4	.03	.06	.38	.27	2.25	2.10	.18	.03	.10
Lentils	3.3	.07	.44	.08	.21	1.15	1.20	....	....	.15
Peas	3.2	.03	.04	.26	.15	1.38	1.15	.11	.03	.05

FRUITS

The fruits are nature's intended foods. In the fruits nature has purposely concentrated and elaborated the most wholesome and most delicious elements for the nutrition of the animal kingdom in order that its seeds might be carried far from the parent tree or plant to insure perpetuation by distribution. The law of "Survival of the Fittest" works hand in hand with Nature in evoluting the instinctive responsiveness or

reciprocity in all fruit-bearing vegetation. Extensive observation has proven that Nature has protected the seeds of all luscious fruits, either against digestion by a hard and impervious seed coating or against ingestion by a disagreeable flavor of the seed itself. Think this over. There is the law of reciprocity between the vegetable kingdom and the animal kingdom. Nature has provided every climate with the most necessary fruits that will restore, establish and sustain health and longevity when judiciously used. She has elaborated in the fruits the most harmless stimulants, perfect tonics and the best purgatives, laxatives, cholagogues and antiseptics. Beauty is the result of perfect physical, mental, moral and spiritual health. In the fruits are the elements that sustain health on all the mentioned planes. The very picture of beautiful fruits suggests beauty to the soul through the senses. In the various fruits is food that will sustain the mind in its quest after knowledge. "If you would be wise it is wise to breakfast on" sweet fruits. The sugar of fruits requires almost no digestion.

Fruits are Nature's predigested foods. The **APPLE** is the king of fruits, because it is the most durably valuable and the most practical although it is not the most luxurious or luscious for the moment. Its special value lies in the fact that its better varieties, under favorable conditions, can be kept all around the year. It has harmless stimulating properties. It is more nutritious than the potato and it is an excellent brainfood because of its large endowment of phosphorus. Let the children of all ages eat all the apples they crave. Those who eat apples freely are almost protected against all diseases, and especially jaundice, indigestion and torpidity of the liver, because it is very rich in sodium.

The **PEAR** is not quite so rich in the positive salts except in potassium. The hard aromatic **QUINCE** is valuable for mildly cleansing the intestines. The **PEACH** has no equal for deliciousness and is always relished by invalids. The fresh undiluted juice of **CHERRIES** is a mild but most effective tonic for invalids. The **LEMON** and the **LIME** are the most wholesome source of acid for cooling and refreshing drinks. The **GRAPEFRUIT** is somewhat bitter on account of its potassium, but that is wherein lies its dietetic value and you will soon learn to crave the flavor. It is Nature's gastric stimulant. In the **ORANGE** and **TANGERINE** Nature has elaborated a non-intoxicating stimulant in combination with tonic ingredients. Patients suffering from fever should not eat solid foods, but orangeade and lemonade quenches their thirst and cools their feverish heat. The **GRAPES** and **PRUNES** are very much alike in their chemical composition, especially in potassium and calcium. Almost every common disease has been cured with grapes but an "apple cure" could be more successful. The **FIG** is another fruit that is as valuable as the apple. The **OLIVE** is an exception to all the fruits in that it is composed of fifty per cent of oil and in that its ash is eighty per cent potassium.

The fresh ripe olive would be a blessing to ailing humanity if it could be shipped over the country. Every "Health Food" store is supplied with the dried olive, which has the same chemical composition minus the water. Its lubricating, cleansing, beautifying and rejuvenating power is the greatest among all the fruits. Olive oil retains some of the above properties, but it is very deficient in the important organic potassium salt. Before passing to the shrub fruits I must leave a word for the unappreciated **MULBERRY.** It has no less value for health than the grape. It is sold in the city of Chicago for blackberries and the public does not know it. The tree is both ornamental and useful. Its fruiting season extends over half of the summer and when its luscious fruit is most needed. Every city front or rear yard should be ornamented with one or two of these fruitiferous and umbriferous trees.

BLUEBERRIES and **BLACKBERRIES** are sometimes employed to advantage, in diarrhea. The sugar of the blackberry, however, is somewhat predisposed to fermentation and therefore is best eaten when the stomach is emptied of all fermentable food. The **HUCKLEBERRY** is like the blueberry in wholesome properties and flavor. The **RASPBERRY** has in flavor and quality what the blackberry has in juiciness. The **GOOSEBERRY** comes next to the strawberry in its rich endowment of calcium and iron and it makes up in magnesium what it is short in sodium. The **CURRANT** with its delicious acid comes next in line and the black currant is not less valuable. The **ELDERBERRY** is so saturated with organic salts that the salts will form an insoluble crystal in the preserved juice. The **DATE** and the **BANANA** belong to the herbal fruits. Dates and bananas form the most complete food for man. It is possible that the date and the banana are man's first fruit in his primitive tropical haunts. The banana that is shipped north is inferior to the banana that can be picked sun-ripened in the plantation. The reason is this. The bananas to be shipped north must be cut from the plant when they are yet grass green, and from that time until the consumer buys them they ripen without the aid of sunshine and sometimes their unnatural ripening is hastened by kerosene heaters in the cars or in damp basements where the fruit must absorb the foul gases. This is why the starch of the undeveloped banasas affect some people like cooked starch. Therefore it is best to buy the largest bananas which have been more fully developed in the plantation. Bananas for convalescents should be hung into sunshine for a day or two. The plantain banana, (which is not sweet enough for fresh fruit), is dried and then called Banana-Fig. This is a most wholesome substitute for bread and when coarsely ground makes a delicious meal.

The **CAROB** (St. John's bread or locust fruit) and **TAMARINDS** are the fruits of leguminous trees. If the public knew the virtue of these fruits they would be more extensively used. So much organic sugar is in the carob that it often forms white crystals in the larger pockets of the pod and its fibrous element is most useful in the in-

testines. The children of all ages should eat it freely. The tamarind has a concentrated, germicidal, acid, a delicious flavor, resembling that of grapes, and plenty of sugar and organic salts. It makes a most wholesome, delicious and refreshing tamarade and can also be used for flavoring cereals and confections. There are many other most valuable fruits that are little known because of their scarcity. Some of them deserve to be cultivated more extensively. A few of the scarcer fruits that find their way into the Chicago market are the **PAWPAW**, the **AVOCADO PEAR**, the **PRICKLY PEAR** (cactus fruit), the **JAPANESE PERSIMMONS**, the **POMERGRANATE** and the **WINGREEN BERRY.** Keep your eyes open for them.

Many of the temporary fruits can be preserved by rapid desiccation in the warm sunshine or by an applied draft of warm air, that is not hot enough to cook them, without injuring their chemical constitution. Such dried fruits can be kept the year round if protected against moist air, moths and worms. Dried fruits can be nearly restored to their original lusciousness by soaking them in water for several hours or over night. The saline ingredients of dried fruits do not lose their value unless the fruit is heated to the scalding temperature. In the following table most of the fruit is arranged in the order of saline abundance. Since the saline abundance can only be determined from the percentage of ash after the water is deducted the figures are inserted after the letters "W. D." These figures are produced as follows. Add the percentage of each ingredient except water; divide this sum by 100 and multiply the per cent of ash by this quotient. The fuel value is obtained as follows. Multiply the sum of the per cent of protein and starch by 1.1375. Then multiply the per cent of oil by 2.525. The sum of the two quotients is the fuel value in calories per ounce.

FRUITS

	Water	Protein	Oil and Acid	Sugar and Starch	Ash or Saline Matter	Fuel Value or Calories per ounce
Cucumbers	95.20	.73	.62	2.95	.50	5.75
Water Deducted		15.21	12.93	61.46	10.40	
Tomatoes	94.30	.90	.40	3.90	.50	6.47
Water Deducted		15.79	7.02	68.42	8.77	
Pumpkins	88.00	1.55	.28	9.18	.99	
Water Deducted					8.24	
Watermelons	92.00	.60	.40	6.70	.60	9.31
Water Deducted		7.23	4.82	80.72	7.23	
Strawberries	90.77	1.03	.60	7.00	.60	11.23
Water Deducted		11.15	6.51	75.84	6.50	
Muskmelons	89.50	.60	.05	9.25	.60	11.33
Water Deducted					5.71	
Currants	85.00	1.50	.20	12.60	.70	16.54
Water Deducted					4.66	
Oranges	87.00	.82	.20	11.43	.55	11.57
Water Deducted		6.31	1.54	87.92	4.23	
Raisins, Dried	14.60	2.60	3.30	76.10	3.40	97.85
Water Deducted		3.05	3.86	89.11	3.95	
Prunes	84.10	.70	.10	14.50	.60	17.54
Dried	22.00	3.43	.49	71.14	2.94	86.06
Water Deducted		4.40	.63	91.20	3.77	
Bananas	75.10	1.33	.62	22.03	.92	28.14
Water Deducted		5.34	2.49	88.47	3.70	
Cherries	82.40	1.00	.80	15.20	.60	20.45
Water Deducted					3.40	
Apricots	85.00	1.05	.21	13.23	.51	16.77
Dried	29.40	4.94	1.00	62.28	2.38	78.99
Water Deducted		7.00	1.42	88.22	3.36	
Apples	84.60	.38	.48	14.04	.50	17.61
Dried	28.00	1.77	2.23	65.66	2.34	82.33
Water Deducted		2.45	3.10	91.20	3.25	
Figs	79.67	1.50	.30	17.93	.60	21.86
Dried	18.50	6.10	1.21	71.87	2.41	90.53
Water Deducted		7.38	1.48	88.19	2.95	
Gooseberries	85.00	.56	1.42	12.60	.42	18.55
Water Deducted					2.80	
Pineapples	89.30	.40	.30	9.70	.30	12.24
Water Deducted		3.74	2.80	90.66	2.80	
Persimmons	66.10	.80	.70	31.50	.90	38.51
Water Deducted					2.65	
Pears	84.40	.60	.50	14.10	.40	17.98
Water Deducted					2.56	
Grapes	78.30	1.30	1.60	18.30	.50	26.32
Water Deducted					2.30	
Dates	55.01	1.12	1.47	41.46	.94	
As Bought	15.35	2.11	2.77	78.00	1.77	88.12
Water Deducted		2.49	3.27	92.15	2.09	
Mulberries	84.71	.36	1.86	12.41	.66	19.49
Raspberries	84.10	1.70	1.00	12.60	.60	18.79
Peaches	84.30	.50	.10	14.80	.30	17.65
Water Deducted					1.91	
Huckleberries	81.90	.60	.60	16.60	.30	21.08
Nectarines	82.90	.60		15.90	.60	18.76
Lemons	89.30	.95	.70	9.00	.50	24.46

FRUITS
THE COMPOSITION OF THE ASH IN FRACTIONS OF 100 PARTS

The Water is Deducted in These Figures	Percent of Total Salts	Iron	Sodium	Magnesium	Calcium	Potassium	Phosphorus	Sulphur	Silicon	Chlorine
Strawberries	6.50	.38	1.85	....	.92	1.37	.90	.20	.78	.10
Gooseberries	2.80	.13	.28	.16	.34	1.08	.55	.17	.07	.02
Cucumbers	10.40	.14	1.04	.43	.76	4.28	2.08	.55	.61	.51
Pumpkins	8.24	.22	1.79	.29	.65	1.65	2.79	.20	.62	.03
Apples	3.30	.05	.86	.29	.13	1.18	.45	.20	.14	....
Figs	2.95	.04	.77	.27	.56	.84	.04	.19	.16	.08
Prunes	3.77	.09	.34	.13	.43	1.83	.60	.18	.15	.02
Olives	5.51	.05	.41	.01	.41	4.45	.07	.06	.04	.01
Cherries	3.40	.07	.08	.19	.25	1.76	.54	.17	.30	.04
Watermelons	7.23	.32	.68	.39	.72	3.24	1.01	.38	.28	.21
Pears	2.56	.03	.22	.13	.20	1.40	.39	.14	.04	.01
Grapes	2.30	.01	.03	.11	.26	1.29	.36	.14	.06	.03
Peaches	1.90	.02	.16	.10	.15	1.04	.29	.11	.03	....
Blueberries	1.65	.08	.08	.10	.13	.96	.29	.05	.02	....

TOMATOES OR LOVE APPLES

(*Lycopersicum Esculentum*)

The tomato is one of the most useful herbal fruits for restoring health and for fortifying health. It is very luscious and delicious and it is rich in the most valuable organic salts. A few chips of tomato improve the flavor of most of the herbal salads. No other herbal fruit can produce such a delicious uncooked soup as the tomato. For soup the tough thin skin of the ripe tomato is peeled off with a very sharp knife. The juice with the seeds is squeezed into one dish and the pulp is macerated in another dish with a table fork until liquid. Then the juice with seed and all is mixed with the macerated pulp and other ingredients, according to the kind of soup desired. Even the green unripe tomato makes a relished salad when combined with flaked peanuts and celery. The green tomato can be kept nearly two months after frost when laid singly in a light and airy place. They should be looked over carefully each day and those that show tendencies to spoil should be promptly used for salads before they have a chance to spoil and infect the rest. Patients who would help nature to overcome cancer or liver troubles should make friends with tomatoes.

SWEET SALAD PEPPERS

(*Capsicum Annuum*)

The sweet salad peppers are distinct varieties from the burning and hot varieties. The sweet peppers are grown extensively in Italy, Spain and France. There are five or six varieties which are absolutely free from that acrid or burning pungency.' The sweet salad peppers are as wholesome in every respect as the tomato. Everyone who eats the absolutely sweet peppers twice will certainly crave to eat them again. Great care must be exercised in buying sweet salad peppers in the market, because some of the hot varieties look almost exactly like the sweet varieties. There is only one way to make certain whether the peppers are sweet or hot. First ask the farmer or dealer if he can guarantee that the peppers are sweet. If he says "they are sweet" do not be too certain about it; but, take one, break it open, take out one seed and touch it to the tongue but be careful not to touch the lips. Now if the seed bites the tongue you may be certain that you would not like that pepper in your salad. Therefore do not buy them. The absolutely sweet peppers have not the slightest pungency on the seeds or on the inner surface. That is the only certain test. Do not buy sweet pepper seed for pepper culture unless you have tasted four or five of the seeds to make certain that it is not mixed with the seeds of the hot varieties.

HUSK TOMATO

(*Physalis Pubescens and Alkekengi*)

The husk tomato is also called winter cherry, ground cherry and strawberry tomato. This tomato is loosely enclosed in an enlarged leafy calyx resembling a Chinese lantern. This tomato can be kept long into winter if the fruit is left in the husk. The fruit is relished much after it is eaten several times.

EGGPLANT

(*Solanum Melongena*)

The eggplant is also called madapple. It is a very useful fruit. The flavor of the flesh resembles that of string beans and some varieties are slightly pungent. They may be served in half inch slices spread with nut butter.

THE PEPINO

(*Solanum Muricatum*)

Is a wholesome fruit, the pulp of which resembles the musk melon in flavor.

CUCUMBERS

(*Cucumis Sativus*)

The cucumber comes next to the tomato in its usefulness for health. The very small cucumbers called pickles should be only used for salads,

and those which are longer than three inches are most useful for soups, but they may also be used in salads sliced or chipped. The small cucumbers should not be peeled, but the large ones should be peeled very thinly. Cucumbers for soup should not be wilt or too young or the soup will become too thick. A six inch cucumber peeled and grated produces one soup; which may be flavored with flaked nuts, parsley and honey.

The rind of the cucumber has a most beneficial effect on the kidneys, because of the organic salts which concentrate in and near it. The cucumber sometimes stirs up painful eliminative crises in subjects whose blood is overloaded with some poison. This, then, proves that the cucumber is their very best friend.

PUMPKINS AND LARGE SQUASHES

(*Cucurbita Maxima*)

There are many varieties of pumpkins and large squashes. The hard shelled varieties can be kept all through the winter for most wholesome salads. The Hubbard squash has a much sweeter and harder flesh than the pumpkin. It makes a most delicious salad when grated and mixed with chopped cabbage and chopped nuts. The pumpkin requires something tart to bring out a pleasing flavor. The cranberry when chopped and well mashed or macerated combines well with pumpkins and squashes, but it takes a few flaked nuts to subdue its extreme acidity. Green tomatoes also bring out a good flavor. In summer and fall oxalis and sorrel combines well with pumpkins and squashes, especially when a little celery is added. Very soft pumpkins should not be grated, but chopped or cubed.

VEGETABLE MARROW, CROOK NECK AND SCALLOP SQUASHES

(*Cucurbita Pepo*)

All these varieties of squashes are very useful for summer and winter salads. When they are soft and young they can be used like cucumbers and when they are very hard they may be grated for salads, like pumpkins and Hubbard squash.

MUSK SQUASHES

(*Cucurbita Moschata*)

The varieties of this squash are the carpet bag gourd or Naples squash, the early Neapolitan squash, the Yokahama gourd and the Canada crookneck gourd. The flesh of all these squashes is sweet and perfumed and therefore will be preferred for salads to pumpkins.

NETTED MELONS

(*Cucumis Melo*)

The netted melons include the sugar and musk melons. There is a large variety of these having either green, white or red flesh and all are sweet juicy and fragrant. They need no preparation, except to be cut in halves or quarters and served with a spoon.

CANTALOUPE OR ROCK MELONS

(*Cucumis Melo*)

There is very little difference between the varieties of the cantaloupe melons and the netted melons except that the cantaloupes are supposed to have a warty skin.

WATERMELONS

(*Citrullus Vulgaris or Cucumis Citrullus*)

The watermelons differ from the previous melons in that the watermelon has the seed cavity filled entirely with minute granular cells which are crisp and filled with a sweet and refreshing juice. The flesh which is eaten in the other melons is, in the watermelons, hard and rather insipid. There are many varieties of watermelons, differing in the color of the seeds, which are either white, yellow, red, brown or black and they differ also in the color of the crisp flesh which varies from greenish white to dark red. The crisp flesh of nearly all the watermelons is melting, sugary sweet and fragrant.

The watermelon is the most juicy of all the herbal fruits. The juice of no other fruit can filter into the blood and through the kidneys as quickly as that of the watermelon. This is due to the fact that it is very rich in those salts which aid kidney elimination. Organic iron, calcium, potassium and sulphur are most abundant in the watermelon juice. It is advisable to always eat a portion of the hard flesh with the crisp flesh. The cellulose in the hard flesh and the organic salts it contains are as useful in the intestines as the salts in the juice are to the kidneys. Watermelon should be served in sections or slices with a knife and fork. Watermelon is the best fruit to eat after a fast. Convalescents should eat watermelon when they would drink water.

STRAWBERRIES

(*Fragaria*)

The strawberry on account of its delicious flavor and lusciousness has become the favorite among all the small fruits. The true value of the strawberry, (which is, as yet, little appreciated by the world at large) lies in the fact that—of all the fruits analyzed it is the richest

in the most valuable organic salt; namely sodium, calcium, iron and silicon. The four prominent natural varieties are the wood strawberry (F. Vesca), the alpine strawberry (F. Alpina), the Hautbois (F. Elatior) and the pineapple strawberry (F. Grandiflora). Of these an endless number of artificial varieties have been produced by hybridization and selection. We would prefer the alpine varieties because they have a tendency to bear fruit during six months of the year. The strawberry may be served in any conceivable way, but it should never be (improved?), cooked or preserved. For reasons above stated the strawberry is the best blood toning fruit known. Therefore the sick and the convalescent should eat them to furnish Nature with the material for elimination, neutralization and reconstruction. Let no one pass the opportunity to sip the nectar from Nature's tonic fruit; the strawberry.

CRANBERRY

(*Vaccinum Macrocarpon*)

The cranberry is the most acid of the common herbal fruits we know of. It ripens in the fall and can be kept throughout the winter, when it becomes very useful for flavoring winter salads. Cranberry-nut cheese is a most wholesome winter relish. The cranberries to be used for salads should be chopped and then mashed or macerated with a wooden potato masher or wooden spoon in the chopping bowl. If a small quantity of flaked nuts are mixed with the chopped cranberries before they are macerated no juice will be lost. The cranberry is too acid to be eaten alone and I need not repeat why cranberry preserves are not wholesome

PINEAPPLE OR ANANAS

(*Ananassa Sativa*)

The pineapple is the closest link between the herbs and the herbal fruits. The fruit itself consists of a fleshy consolidated spike. The cauliflower is a tendency in a similar direction. When the pineapple is ripe it is a most wholesome fruit. It is rich in organic sugar and acid and is not wanting in organic salts. Peter H. Rolfs says in the Farmers Bulletin of this fruit: it should be allowed to ripen fully, preferably on the plant. No matter how daintily the pineapple is served it is not quite equal in flavor to the deadripe fruit just picked from the plant and eaten out of hand." The pineapple contains a principle called "ananasine," which possesses active digestive properties. This principle has been separated and used as an artificial digester by the doctors, but the reader will now be able to understand that such an organic principle would become inorganic in the process of separation and that it then would interfere with Nature's operations. It would be far more reasonable to advise a small dish of the natural pineapple for dessert. The ripe pineapple may be served in any fancied way, but it should not be

preserved, for reasons which the reader now understands. Do not let the juice of a half ripe pineapple touch the outer lips as the digestive principle is so active then that it may blister the lips.

SALAD HERBS

In the long evolutionary past the remotest human animal had only herbs for food, and even after fruits, grains and nuts had evolved, he still required herbs to balance his diet. Although man has acquired the power of adaptability, still there is no other food so conducive to health nor so useful in reestablishing health as the herbs, for there is no other *wholesome* food that is so rich in the required organic salts. "EAT HERBS TO GET WELL AND STAY WELL. Every cottage garden should have room for, at least one short row of every wholesome vegetable for variety.

COS LETTUCE

LETTUCE

(*Lactuca Sativa*)

Lettuce is a most universal salad herb. It has been selected into many varieties, such as leaf lettuce, head lettuce and cos lettuce. The cos variety has a more upright habit resembling broad leaved endive. Lettuce is most rich in organic iron, magnesium, calcium and potassium and therefore most valuable for convalescents. It is the most whole-

some food for flushing the intestines as it is not retained in the stomach and cannot cake or decay in the intestines. For this purpose the patient may eat a pound at a time with impunity, if other foods are avoided, except a few nuts to give relish. Cabbage may be eaten for the same purpose in winter.

ENDIVE

(*Cichorium Endivia*)

Endive is more firm than lettuce for which quality it is often preferred. The broad leaved variety is best for close sowing, to be used in the early summer. The fringed varieties may be sown later for winter salads. The Batavia variety which has very broad folding leaves is also excellent for winter cultivation.

CHICORY

(*Cichorium Intibus*)

Chicory resembles the dandelion in flavor and firmness. Its roots penetrate into the subsoil and bring up valuable saline elements. Its leaves are narrow and often twelve to eighteen inches long. For salad use, it should be sown in a row and so thinned out that the plants are one inch apart. When the leaves become about ten inches long; those leaves which cannot bear their own weight and droop to the ground should be constantly picked for salad before they become soiled. If this method is practiced there will be a constant supply of tender leaves until frost. After the first frost the roots may be dug and packed into moist sand, with the heads up, in a cellar where they will sprout and produce that much relished blanched chicory called "barbe de capucin" or "Witloof." The broad leaved, the curled and the variegated chicory are equally useful for green salads.

ASPARAGUS CHICORY

Asparagus chicory is a variety of chicory which bears large fringed leaves, resembling those of the dandelion both in appearance and flavor. When this chicory has become large and vigorous, it may be blanched like celery. The green leaves are prepared like dandelion leaves or endive.

DANDELION

(*Common or French Giant, Taraxacum Officinale*)

The dandelion hearts in early spring are eaten as a spring tonic. The leaves are as wholesome as lettuce. They possess a bitter taste, which soon becomes agreeable, delicious and craved. The flowers alone or with their peduncles make a sweet and delicious salad tempting at sight. Rich?—Think of the essence of the plant concentrated in the flower in the most refined state. Can you imagine yourself out in the field, hungry, with these beautiful, delicious and satiating flowers around you? The author, one beautiful spring morning, before the bees were out, picked five pounds of flowers (enough for forty dishes) in one hour.

The common dandelion blossoms in May and June and sometimes a second time in fall. The new opened flowers should be picked in the cool of the morning, before the insects are able to get into them. Keep them in a cool place during the day. When the flowers are scarce use them as a garnish. If the common or the French (broadleaved) dandelion is cultivated in the garden it will furnish tender leaves in spring and autumn till the snow covers them. The common dandelion should be sown among the grass in every lawn. The flowers will add to the beauty of the lawn, and the leaves can be kept trim with the grass. Thus the lawn may furnish that relished flower salad.

The practice of gathering the hearts of the wild dandelion is well enough when you have no garden to cultivate them in. This practice, however, involves too much time in the gathering and cleaning, besides it ruins the flower crop which is of ten times greater value than the hearts. The cultivated dandelion comes so much earlier, so much more vigorous and has so much larger leaves that its heart need not be wastefully cut; besides it may furnish a perpetual source of salad leaves when the mature leaves are gathered before they are too hard and the young leaves are left to grow for a future gathering. Dandelion is often used as a tonic in diseases of the liver and dyspepsia. The varieties in cultivation are thick-leaved, giant-erect and moss-leaved dandelion.

A cold infusion of ground dandelion root is a known remedy for dropsy, when the kidneys refuse to do vicarious work for the overworked liver, but the salad of the green leaves is preferable when they can be had.

SALSIFY AND SCORZONERA

(*Tragopogon*)

The white and black roots of tragopogon are wholesome and tonic salad material. When fresh from the garden these roots contain a rich milky, but bitter juice. If the bitter milky juice is disliked in the salad let the roots lay exposed to the air until they become slightly wilted, when the roots will taste surprisingly sweet. The chips of the fresh root turn black on exposure to the air. This is not the case with the slightly wilted roots. The tender fresh roots should be quartered and chipped into a dish containing the intended quantity of flaked nuts and mixed to let the nuts adhere to the milky juice.

The slightly wilt and tougher roots may be grated on a coarse grater. The chipped or grated root is best served, combined with some other vegetable. Some prefer the crisp root served whole, like radishes, with an addition of nuts. The grasslike leaves of salsify or French scorzonera are as palatable as lettuce and are more substantial. When finely chopped and mixed into lettuce it adds firmness to the dish, without changing the flavor. When a five foot square bed is sown closely with salsify it may be cut all summer and fall for salad, but do not cut it closer than two inches from the ground. Discard the leaves that have become too hard.

CORN SALAD

(*Valerianella olitoria*) (*G. Rapuenschen*)

Corn salad is also called lamb's lettuce and is cultivated as an early summer salad herb. It is a tender herb and makes a good salad when dressed with flaked nuts. It will grow quite tender when sown closely in drills.

AFRICAN VALERIAN

(*Fedia Cornucopia*)

The leaves of this valerian are also eaten as salad. It is not to be sown as closely as corn salad.

RADISHES

(*Raphanus Sativus*)

Radishes are selected into early and late, short and long and mild and hot varieties, to suit every taste. If you do not like hot radishes, chew them together with peanuts and you will find that even, the hottest are only pleasantly warm.

CURLED GARDEN CRESS

(*Lepidium Sativum*)

The curled garden cress or pepper-grass sprouts and grows very rapidly from seed. It should be cut for salads when it is three and before it is six inches tall. It has a most deliciously piquant flavor when dressed with nuts. If this or other cresses are too pungent, let them stand thirty minutes after they are chopped to let the pungent oils evaporate. The cresses are known to be anti-scorbutic. This is due to the available organic potassium and other salts they contain. There is also a broad leaved variety. Sow this cress closely in drills six inches apart.

UPLAND CRESS

(*Barbarea Vulgaris*)

Upland cress is also called Winter cress or yellow rocket. Sow this cress in drills, in early spring. It will furnish those deliciously piquant leaves from July until frost, if the heartleaves are left to grow. It has the same flavor as water cress, but it is more firm.

SCURVY GRASS

(*Barbarea Praecox*)

Scurvy grass or American cress (loeffelkraut) is related to upland cress and is cultivated for early salads.

ALPINE ROCK CRESS

(*Arabis Alpina*)

The leaves of this cress are somewhat fleshy and not very bitter. The leaves may be used in combination salads to impart that bitter flavor.

WATER CRESS

(*Nasturtium Officinale*)

Water cress is so much in demand in the larger cities that it is shipped in by the barrel. It will grow where the soil is constantly wet.

NASTURTIUM

(*Tropaeolum*)

The nasturtium, also called Indian cress, has a pungent flavor and odor like the cresses. It is a wholesome and beneficial salad herb. The leaves are always clean, because neither water nor dust adheres to them. After the leaves are chopped awhile the pungency becomes milder. The flowers which are sweet and not as pungent as the leaves make a most delicious and tempting salad. Nasturtiums will grow in any sunny corner of the garden.

NASTURTIUM TUBERS

(*Tropaeolum Tuberosum*)

The tuberous-rooted nasturtium yields tubers which are wholesome and can be eaten together with peanuts like radishes.

WHITE MUSTARD

(*Brassica Alba*)

White mustard sprouts and grows very rapidly from the seed hence it is the earliest seedleaf salad-herb. Its stem always remains crisp as it does not develop fibers. Sow the seed in rows rather close so that it may be crowded in growing. Start to cut it when one or two inches tall. The pungency somewhat evaporates on being chopped. The pungent juices, hoever, blend so well with flaked peanuts that it is at once relished. It is a wholesome herb especially for those who crave "red-hots."

FRENCH DOCK

(*Rumex Patientia*)

French dock, also called herb-patience, or Monk's rhubard, is cultivated as a pot herb but it is more useful and more wholesome when used as a salad herb especially in early Spring. Its mild acid juice combines well with flaked peanuts. The docks and sorrels are all blood toners and blood builders.

SOUR DOCK AND WATER DOCK

(*Rumex Crispus and R. Britannica*)

Sour dock (Rumex Crispus) is also called Yellow dock, curled dock and narrow dock. It is a perennial introduced from Europe and now found throughout the United States in cultivated as well as waste ground, among rubbish heaps and along roadsides. It is commonly known as a medicinal weed of which the roots are employed for a blood purifier and skin remedy but its leaves are most wholesome food. It is nearly as rich in organic salts as spinach but it is much more palatable. The young leaves have a slightly acid flavor. When they are chewed and well masticated they taste somewhat like bread and are quite satiating. The author, when out in the fields, botanizing, has often fed on the leaves, *a la nature,* with relish. A salad of these leaves combined with peanuts is very agreeable. When this dock is cultivated in the garden it is among the earliest spring salads and when it is not allowed to go to seed it is a perpetual source of tender leaves. Water dock (Rumex Britannica) looks much like the above but its leaves are narrower and more acid and often preferred for salads. It may be found in marshes and on river banks. Common dock also called Bitter dock and Broad-leaved dock are too bitter to be used for food.

FRENCH SORREL AND TALL SORREL

(*Rumex Scutatus*)
(*R. Acetosa*)

French and tall sorrell are both cultivated as a spring vegetable. These sorrels are very crisp, acid and juicy. The sorrels make a fine salad when combined with equal parts of spinach or Swiss chard, a little onion, chives or parsley and flaked peanuts. The acid of the sorrels is converted into alkaline elements in the blood as it is rich in potassium, sodium and calcium.

WOOD SORREL

(*Oxalis*)

There are many varieties of oxalis of which the most common have leaves resembling clover and all have a delicious acid juice. For salad culture buy about fifty of the Summer flowering bulbs and plant them in a row two to three inches apart. The bulbs must be taken up before frost and kept dry and away from frost till next spring. Below each set of bulbs will be found a mild crisp napiform root which can be eaten.

OKA-PLANT

(*Oxalis Crenata*)

The oka-plant is an oxalis and the leaves may be used for salad just like any other oxalis but it is cultivated for the edible tubers it produces. The tubers have a strong acid flavor but they become sweet and mealy when exposed to the action of the sun for several days in a bag. The dried tubers are called "Cani" and their flavor resembles that of dried figs. For cultivation the tubers are started in a hot-bed and transplanted in May, 3 feet apart. To promote the production of tubers the procumbent stem is continually covered with light soil up to ten inches from the top. The tubers are dug after the leaves are frozen.

RHUBARB

(*Rheum Rhaponticum*)

Rhubarb is not, here, advised as a "pie" plant for the juice of its large fleshy stalks is Nature's most wholesome substitute for vinegar and it should not be cooked. Rhubarb pies are very objectionable because they involve the mixing of white flour, starch, oil and commercial sugar which are all perverted approximate food elements. Rhubarb juice fills a large bill in the natural diet. It is used for "rhubarbade," for "rhubarb soups," for "nut milk," "nut cream" and "nut cheese," for acid salad dressings and for acidifying sliced beets. The juice is best and most easily extracted in the following manner. Take the fresh stalk and cut it into two inch lengths and then grate the cut section

on a coarse grater until it is grated half way (or one inch). Next turn it about and hold on the grated fibre to grate the remainder. Lay the fibre into another dish and when all the sections are grated discard the fibre after the juice is pressed out of it. Now a few fibres will have fallen into the juice and these can be fished out with a fork. If the nurse has an Enterprise juice extractor she may prefer it when a large quantity is to be extracted. Grating produces eighty-five per cent of juice and the juicer produces ninety per cent. Every cottage garden should have room enough for, at least, a half dozen or more large rhubarb plants as the juice will be in demand from early spring until winter. In the cities where the stalks must be bought in the market they may be kept for a week if placed upright into two inches of fresh water but the leafy portion must be carefully trimmed off. Rhubarb stalks may be kept into winter if packed into large Mason jars, covered with fresh ice cold water, sealed, and placed where they remain cold. The leafy portion of rhubarb can not be used for it is objectionably strong. Do not pull the stalks from the plant before they are full grown lest you injure the succeeding growth.

CELERY AND CELERIAC

(*Apium Graveoleus*)

Green celery like parsley is a necessity in a vegetable menu either as an ingredient for its flavor or as a salad by itself when dressed with flaked nuts. The green celeriac leaves are sweeter than celery leaves. To be economical and insure a constant and plentiful supply always break away and use the outside and mature leaves of every plant first and leave the younger leaves for the next picking. For green salads sow like parsley. Blanched celery is a relish when it is not diseased from growing in barn-yard refuse. Grated celeriac is a most delicious ingredient for winter salads. Celery and celeriac when dug up with all the root and planted or packed closely together in moist sand in a convenient corner of the cellar can be made the source of green salads for the winter. Celery like parsley is rich in eliminating and tonic elements.

PARSLEY

(*Carum Petroselinum Sativum*)

Plain or curled parsley is almost an every day demand as a garnish or as a flavoring salad ingredient. It adds greatly to the deliciousness of herbal fruit salads. Parsley, when dressed with flaked nuts or nut-cream, is a delicious salad by itself. The fleshy, sweet, aromatic tap-root of Hamburg parsley, when grated, supplies another demand in salads. The roots can be planted or packed, with heads up, in a box and kept all winter in a cellar where frost does not reach them. For economy sow the seed closely in rows 12 to 14 inches apart. When

gathering for the table break away only the mature and drooping leaves and let the young leaves grow. With such care a 10 or 15 foot row will produce all the parsley a small family needs.

CARROTS

(*Daucus Carota*)

The carrot is most valuable in winter when green herbs are scarce. These roots can be used grated or chopped in salads or they may be served quartered with an addition of nuts.

PARSNIPS

(*Pastinaca Sativa*)

The roots of this herb are not injured by frost hence they can be left in the soil for spring salads or cellared in fall for winter salads. The odor of the parsnip is not universally relished but the taste can be cultivated by all. Parsnips are most palatable when grated and combined with chopped cabbage, a little onion, chopped nuts and dressed with honey.

FENNEL FLORENCE

(*Foeniculum Dulce*)

This herb is distinct from the common fennel. It has an agreeable aromatic flavor, with a sweeter taste and more delicate odor than celery. The leaves, the leaf stalks and the enlarged base of the leaf stalk can all be used for salad. Serve it like celery salad.

GARDEN LOVAGE

(*Levisticum*) (*G. Liebstoeckel*)

Lovage is a wholesome and beneficial salad herb. The blanched leaf stalks have been eaten like blanched celery. The flavor resembles that of celery. It contains curative properties for female derangements, due to lack of nervous energy or catarrhal conditions, ovaragia and dysmenorrhea.

CABBAGE

(*Brassica Oleracea*)

Cabbage is the best mid-winter salad plant we have. In its natural (uncooked) state it supplies all the organic salts and cellulose required in winter and has a flavor most universally relished. It is a common experience that cooked cabbage does not agree with most people but uncooked cabbage will cause no trouble whatever. Cabbage is known as the laborer's standby.

BRUSSELS SPROUTS

This is only another variety of cabbage which forms miniature, compact, heads in the axials of the leaves along the stout stem. It is also called thousand headed cabbage.

CAULIFLOWER AND BROCCOLI

Cauliflower and broccoli are a variety of cabbage and have similar food value. Do not discard the leaf stems of the cauliflower for they improve the flavor of the salad. Do you discard them because they contain woody fiber? The woody fiber of green herbs is a necessary and wholesome ingredient of natural food—so long as it is not too hard and over abundant. It serves an important part in the process of digestion and aids the peristaltic function. Slice the stems across the fiber into sections one-eighth inch thick or a little thicker and you will find no more fault with the fiber.

KALE

Kale or borecole is another variety of brassica which is prized for its curled leaves, abundance of chlorophyll, firmness, hardiness and agreeable flavor after frost has touched it. Garnishing kale is most beautifully varigated with red or lilac on a green or white ground; especially after frost.

CHINESE CABBAGE

(*Brassica Pe-Tsai*)

Pe-Tsai forms a loose head like cos lettuce. Its flavor resembles that of cabbage and can be prepared in the same manner. Another variety called pak-choi has smooth and wide leaf stalks like Swiss chard.

KOHL-RABI

Kohl-rabi is another variety of brassica oleracia in which the nutriment is stored in the pith of the globularly expanded stem.

TURNIP

(*Brassica Rapa*)

The turnip differs from the kohl-rabi in that its upper extremity of the root expands in becoming the receptacle of nutriment.

RUTABAGAS

(*Brassica Campestris*)

The Rutabagas or Swedish turnips have firmer flesh and grow deeper in the soil than the turnips. Very hard turnips should be grated and

combined with some other soft and coarser salad material such as chopped cabbage.

RAMPION OR RAMPS

(*Campanula Rapunculus*)

The leaves as well as the roots of rampion make delicious and wholesome salads. The roots can be gathered from October on throughout the Winter. It should have a space in every cottage garden. In sowing simply spread the seed over the prepared surface as it does not bear covering.

COMMON MALLOW OR CHEESES

(*Malva Rotundifolia*)

This herb grows as a weed in cultivated grounds and roots very deep thereby drawing valuable mineral elements to the surface. It has no repulsive flavor or odor whatever and tastes mellow and mild so that it is relished by all who like lettuce. The young full grown leaves are tender, crisp, substantial and satiating. Prepare it for salad as you would lettuce and all will like it. It is valuable as a tonic herb. Even the ancients knew its emollient properties.

LAVATERA

(*Malva Lavatera*)

Lavatera is cultivated for its large and pretty flowers which are borne all summer and fall. The flowers are sweet and the leaves are as mild and palatable as those of the cheeses. This plant is both ornamental and useful and is easily cultivated.

CURLED MALLOW

(*Malva Crispa*)

This mallow grows four to six feet high and is leafy to the top. The leaves are large and curled at the edges. They are sometimes used for garnishing desserts but they make as wholesome a salad as the common mallow.

HOLLYHOCK

(*Althaea Rosea*)

The hollyhock leaves resemble those of cheeses in flavor and consistency. Among the many varieties of hollyhocks there are some most pleasantly mild and mellow and some slightly bitter but not disagreeably bitter. The hollyhocks have many wholesome qualities and beneficial salts. The leaves, the flowerbuds and the petals of the double flower can all be prepared into tempting, delicious and beneficial salads. Prepare the flowers like Nasturtium flower salad or use them for garnish-

ing. The black or deep purple flowers are used as a remedy in throat troubles and whooping cough. The hollyhock flowers, when picked and dried after they have fully unfolded, make a crisp and most delectable dry food. These dried flowers, called "Mallow-crisps" will be eaten in winter with avidity by young and old.

SASSAFRAS

(*S. Officinale*)

The young and tender leaves of the sassafras are slightly mucilaginous and have a pleasant aromatic flavor. They can be added to salads for their flavor or prepared like linden leaves.

THE LINDEN TREE

(*Tilia Americana*)

The young, half grown, tender linden leaves are wholesome as food. They have no repulsive flavor and are very satiating. They become mucilaginous in the mouth in chewing. This quality renders them a balsam on inflamed mucous surfaces and an intestinal lubricant. The indigestible portion absorbs effete poisons from the alimentary canal and carries them along.

For a constant tender growth of salad leaves plant a young tree and let it grow in bush form by trimming off the main shoots.

SPINACH

(*Spinacia Oleracia*)

Spinach as well as the beets belong to the goose-foot family. So far as analyzed; spinach, Swiss chard and beets have the highest per cent of organic salts among the salad herbs. The acrid principal in spinach is neutralized by combining the spinach with peanuts. Spinach should always be combined, either, with sorrel, parsley, celery, cress, nasturtiums, onions or tomatoes. It is also palatable when dressed with rhubarb juice and honey.

SWISS CHARD

(*Beta Vulgaris*)

The broad succulent petioles of this beet are full of juice rich in tonic elements. The petiole or the whole leaf may be used for salad dressed with flaked nuts, oil or honey. Six plants, one foot apart, will supply a small family all summer if the nurse will practice a little economy and break away only the outside and oldest leaves leaving the young leaves to grow to maturity.

SWISS CHARD

BEETS

(*Beta Vulgaris*)

The beets, like spinach, contain a harmless acrid principle which annoyingly irritates the throat of some people after they have eaten them; but when they are eaten together with peanuts there will be no acridity. The blood beets are preferable for their color, sweetness and tenderness. They are fine for marbling salads and coloring soups and drinks. The flavor of beets is much improved by soaking them in rhubard juice. Beets, sorrel, nuts and oil or honey is a good combination. Two ounces of grated blood beet yields one ounce of juice and the pulp may still be used for salad.

NEW ZEALAND SPINACH

(*Tetragonia Expansa*)

This is a low spreading and branching herb with soft, thick, fleshy leaves and of a crystaline appearance. When sown early it will grow in any soil and resist drought. This herb is wholesome and its juice rich in tonic elements. It is somewhat harsh in the aftertaste but still it makes a good admixture to other salad herbs when dressed with flaked nuts and rhubarb juice.

ICE PLANT

(*Mesembrianthemum Crystallinum*)

This herb is as wholesome as spinach and is not as acrid. It is very juicy and succulent as it develops no hard fibre. Its juice has demulcent and diuretic properties due to its fine organic salts. It requires only a little honey for a dressing to make it palatable.

PURSLANE OR PUSLEY

(*Portulaca Oleracea*) *and* (*Claytonia Perfoliata*)

The cultivated varieties of purslane have thick and succulent stems and large fleshy leaves. The winter purslane, however, has not so large a leaf but its broadly funnel-shaped collarette (in which is a panicle of small flowers) is large and fleshy like the leaves. These herbs make a wholesome salad when minced and dressed with honey-cream dressing.

MOUNTAIN SPINACH

Melden or Orach

(*Atriplex Hortense*)

This is a good pot herb but for a green salad it has too much of a harsh repulsive odor.

CHIVES AND SHALLOT

(*Allium Schaenoprasum*)

(*A. Ascalonicum*)

A row of each of the above alliums should be in every garden to take the place of onion tops. They take little attention being perennial. They are very useful for bringing out the sweetness of other herbs.

LEEK

(*Allium Porrum*)

Leek is another most useful flavoring herb and has very wholesome properties. The hardier varieties can be wintered in a cellar and if planted in a large flower pot the leaves may be cut as often as they get too long to support themselves or the bulb may be whittled away from the top on the instalment plan until it is used up.

WELSH ONION

(*Allium Fistulosum*)

This onion is served like blanched celery. People who do not relish onions because of their pungency will find a relief in chewing them together with peanuts or other nuts.

ONION

(*Allium Cepa*)

The onion is a natural provision for winter like cabbage and is most useful to give relish to winter salads. The pungent volatile oil of the onion as well as of the whole allium family has a usefulness other than its flavor. This oil imparts a positive character to the onion. People with a negative character especially those with a negative stomach relish positive foods exceedingly. Onions are indicated for some patients suffering from negative diseases who require positive food elements other than the positive organic salts for immediate action.

N. B. The dark shade in the color of the lips indicates a negative stomach. For general use the mildest and sweetest onions are most advisable. The varieties that are known to be mild and sweet are the Teneriffe, Barletta and Rocca.

THE IRISH POTATO

(*Solanum Tuberosum*)

The prevalent idea is that the common potato is unwholesome in its natural state. And why? Because mamma scolds the child that craves to eat them. The author has known many children who terrified their mother by eating uncooked potatoes. The peeled and washed potato is as sweet as an apple to the unperverted sense of taste when there is a demand for alkaline elements. It is known as an anti-scorbutic. The unfired potato has aseptic qualities and can not ferment in the stomach. It is the best food-cure for fermentation of the stomach and intestines. It leaves them sweet and strengthened if cooked foods are avoided. For salads the potato is best served chopped in combination with other vegetables such as chopped cabbage, grated turnip or carrot dressed with flaked peanuts, pignolias or almonds and honey.

SWEET POTATO

(*Ipomoea Batatas*)

The sweet potato is most useful in the unfired diet. It is rich in organic sugar and organic salts and like the Irish potato has aseptic and alkaline properties. For combination salads it may be sliced, chopped or grated to harmonize with the other ingredients.

DAHLIA

(*D. Variabilis*)

The tuberous roots of the dahlia make a most delicious and wholesome food. They are as crisp and juicy as the finest young radishes. They have a warm spicy flavor which is, at once, relished and even craved. The tubers may be peeled, cut into sections and served like radishes or they may be chopped and combined with other vegetables and nuts to form salads. Hereafter that variety which is productive of the finest, the largest and the roundest tubers will be selected and cultivated for food. The most perfect tubers were found among the red and yellow varieties. In good soil they are as productive as the sweet potato. They will be in great demand when their value is known.

JERUSALEM ARTICHOKE

(*Helianthus Tuberosus*)

The Jerusalem artichoke tuber can not be compared with the Irish potato as it is very distinct from it and has no disagreeable flavor and odor. It is as useful and wholesome as the sweet potato and is very rich in organic salts. For combination salads it may be chopped or sliced and dressed to suit the other ingredients. The tubers can be dug in fall, throughout the winter, and in spring until the sprouts form green foliage. The "potato-artichoke" is less knobby and larger than the common variety.

HORSERADISH

(*Nasturtium Armoracia*)

Horseradish after it is cooked or pickeled is nothing but a useless irritant. As an unfired condiment judiciously used it is wholesome as the cresses and most beneficial. Its organic salts are useful in eliminating uric acid and other waste poisons which when suddenly precipitated into the urine often irritate the urinal tract. Grated horseradish renders unfired soups and salads deliciously sweet and warm. Horseradish is very useful in cases of dropsy attended with general debility.

CHUFA OR EARTH ALMOND

(*Cyperus Esculentum*)

This sedgelike plant produces edible tubers as large as peanuts which are rich in oil, sugar and tonic elements. They are wholesome for children and grownups. Their cultivation for the table and as nibblers should be encouraged. They are now procurable from large seedhouses.

TURNIP-ROOTED CHERVIL

(*Chaerophyllum Bulbosum*)

This chervil produces roots similar to short carrots with a fine gray skin and yellow-white flesh. These roots may be coarsely grated or chopped and mixed with other salad material. The seed must be sown in autumn in well prepared soil in order to have it germinate in spring. The roots are ripe after the leaves dry up but they improve in quality during the next four to eight weeks. The Prescot Chervil has larger roots which are coarser in flavor. This seed should not be sown before July to prevent the plants from running to seed.

SKIRRETS

(*Sugarwort*)
(*Sium Sis(c)arum*)

This plant is a native of Asia but it has been long cultivated in Europe for its tuberous clustered roots which are white and very sweet. They are an excellent and delicious winter vegetable.

POMME BLANCHE

Prairie Turnip
Pomme de Prairie

(*Psoralea Esculenta*)

This is an edible, mealy and farinaceous turnip shaped root of a leguminous plant. It has similar food value as string beans.

GOLDEN THISTLE

(*Scolymus Hispanicus*)

The roots of golden thistle are used for winter salad like salsify. They can be dug from September on through the winter.

CARDOON

(*Cynara Cardunculus*)

Blanched cardoon stalks dressed with flaked nuts becomes a relish for those who crave that peculiar bitter flavor.

ARTICHOKE (FRENCH)

(*Cynara Scolymus*)

The receptacle (or bottom) and the base of the scales of the young and tender artichoke flowers are eaten uncooked. Chop the eatable por-

tion and serve it dressed with lemonole dressing, rheumole dressing or honey-cream dressing. Those varieties which are so harsh and strong that they can not be eaten uncooked are not good health food. The sweet artichoke of Genoa, the perpetual and a few other varieties are mild and delicate in flavor while the heads are young. The blanched stems and leaves of the artichoke can be served like cardoon.

PIMPINELLA OR SALAD BURNET

(*Poterium Sanguisorba*)

The tender young leaves of pimpinella are used for salads. Their flavor resembles that of the green cucumber. The leaves are produced for a longer time if the plants are not allowed to flower.

BORAGE (GEISSFUSS)

(*Borago Officinalis*)

Borage is a wholesome herb rich in nitre but it will be forgotten in the abundance of other preferable herbs. The flowers are used for garnishing.

ASPARAGUS

(*Asparagus Officinalis*)

The young and tender shoots of asparagus make wholesome spring salad material until they are six inches tall. They resemble string beans in flavor. They should be chopped (whittled), combined with chopped nuts and dressed with honey.

HOP

(*Humulus Lupulus*)

In spring the very young shoots of hops are used in the same way as asparagus or salsify in Belgium. A small portion may be mixed with other salad herbs for variation.

UDO

(*Aralia Cordata*)

Udo is extensively cultivated in Japan and China for winter salad. The roots of this plant are forced in winter like Witloof chicory. The blanched shoots of udo, which resemble asparagus are as tender and mild as the midrib of a lettuce leaf. The shoots may be either sliced or chopped and served like lettuce.

BEANS

(*Phaseolus Vulgaris*)

Only those varieties, of the common beans, which produce a fleshy, crisp and tender pod are useful in the natural (unfired) diet. The wax bean, the stringless (snap) bean and the string bean are well known. The tender pods, fresh from the garden, are chopped or whittled and dressed with honey or combined with sweet corn, sliced off the cob, chopped cabbage or grated roots and sweet nuts. Cooked beans are not advisable for health foods.

LIMA BEANS

(*Phaseolus Lunatus*)

The full grown lima beans, as long as the pod is green, is sweet, crisp and tender. This bean when chopped and dressed with honey makes a most wholesome and delicious salad. The dried lima beans can be soaked until they are tender, slipped out of their coats and prepared like the young beans. Uncooked lima beans like nuts, absorb stomach and intestinal acids; whereas, cooked beans may start to ferment in the stomach and continue until they are eliminated. The lima beans are the only beans that are sweet and mild enough to be used, when ripe and dried, in unfired dishes

PEAS

(*Pisum Sativum*) (*Circer Arietium*)

The young shelled common pea and chick pea make a most palatable salad when chopped and combined with grated cocoanut or dressed with honey. Dried green peas and dried chick peas can be soaked until tender and served, in winter, like young peas. The chick pea, when dry, is hard but brittle and it is the sweetest of peas. This pea makes a palatable "brawn food" when ground to meal and mixed with grated cocoanut. There is also the sugar pea which can be eaten with the pod or served like wax beans.

SWEET CORN

(*Zea Mays*)

Sweet corn, white corn and black corn is a most palatable food when it is nearly full grown and before it becomes hard and ripe. Green corn may be served on the cob with an addition of nut cheese. Green corn for salads should be either sliced off the cob, grated off or scraped off with the back of a knife after the rows are split. Green corn sliced off the cob; combined with nasturtium flowers, chopped; a little parsley or celery; chopped and grated cocoanut makes a delicious salad.

OKRA

(*Hibiscus Esculentus*)

The young seed pods of the okra or gumbo are prized for their mucilaginous albumen. Those who relish a gummy salad may chop a pod and mix it into the salad material. It will have a satiating effect. The dried leaves and pods of gombo when ground to powder is called "gombo filee" and is used to thicken soups. The gombo filee in the market which is mixed with spices is not advisable for the health diet. Pure gombo powder may be used in uncooked winter soup to help it carry the ingredients. Use it sparingly or the soup will become stringy.

LICORICE

(*Glycyrrhiza Glabra*)

The licorice roots are most wholesome for the children as well as the grownups. The dried or fresh roots are chewed to extract the sweet juice which is most rich in saline sugar. The pulp should be rejected when it ceases to taste sweet. These roots may be chewed with benefit by all whose blood requires to be toned with organic salts. The licorice sticks and licorice candy, on the market, is worse than useless because its organic sugar and organic salts have been rendered inorganic in the process of extraction and concentration. Dried licorice root powdered or ground very fine is the most wholesome substitute for commercial sugar; but it is so extremely sweet that it must be used in very minute and sparing quantities; otherwise the dish, so flavored, may become repulsively sweet—especially, to those who are not accustomed to the licorice flavor; therefore powdered licorice-root is best served like sugar to be used by each individual in drinks or soups, on salads or brawn foods as desired.

SUGAR CANE

(*Sorghum Saccharatum*) (*Saccharum Officinarum*)

Green sorgum or sugar cane for table use is of intestinal value in its season; not only because its juice is sweet and delicious, but especially because its juice contains organic salts so combined with sugar as to have the power to rejuvenate the human organism. This saline sugar will replace old and wornout tissue in your body and make you, almost to say, a new and younger being. This result, however, is only obtained when the juice is used in its natural, uncooked and unfermented state. The stalks are prepared for the table by cutting them into sections below each joint and then slicing the rind off the pith with a sharp knife. The shelled piths may be dried in the sunshine and when they are perfectly dry they may be stored in large mason jars or other airtight vessels for any season. The green or dried piths are chewed until all the

sweet juice is extracted and the tasteless fibre is rejected. The clear juice may be extracted from the fresh shelled piths by running them through an Enterprize Juicer. This may then be used whole or diluted with other juices or water for tonic drinks or tonic soups, or as a sweet dressing for appropriate salads. A portion of the juice can be extracted by grating the piths and then pressing the juice out of the grated pulp with a fruit press, but this method is not quite economical. Common sorghum cane is ripe for use when the seed begins to form. The time will come when the green sugar cane will be marketed like vegetables and the dried piths like sweet root. The author raised a dozen rich canes in a tub on the roof.

MAPLE SAP

Maple sap, in its natural state, fresh from the tree, in early spring will do for a depleted and wornout body what sugar cane juice can do in the fall. Its virtue lies in the unchanged, organic combination of sugar and salts. It can be used for delicious spring tonic drinks, for tonic soups or for flavoring admixtures of drinks and soups and also for dressing fruit and herb salads. It cannot be too highly recommended to consumptives, invalids and the convalescent.

SALAD FLOWERS

There are two flowers that have already been used for salads, namely —the nasturtium flowers and the chrysanthemum flowers; but there are many other wholesome flowers that are as delicious as the nasturtium flowers and more relishable than the chrysanthemum flowers. The subject of esculent flowers deserves more attention. The following five salad flowers have been described among the Salad Herbs.

Dandelion Flowers.
Hollyhock Flowers.
Nasturtium Flowers.
Oxalis Flower Panicles.
Lavatera Flowers.

The rose petals would make a wholesome salad if they were not so acrid, but they may still be used for garnishing salads.

MARIGOLDS

(*Tagetes Erecta and Patula*)

The large double flowers of the African marigold and also the double flowers of the French marigold make as good and wholesome flower salad as dandelion flowers. The petals are pulled out of the flower head, chopped, mixed with a few pignolias or chopped walnut and

AFRICAN MARIGOLD

dressed with honey. The flavor and odor of these flowers may seem unpleasant at first, but after the flowers are tasted about three times they will be craved, because their sweet aftertaste is like that of the dandelion flower. Taste them with confidence the first time and you will like them thereafter. The leaves may be used for flavoring.

CHRYSANTHEMUMS

(*Chrysanthemum Sinense*)

The large double flowers of chrysanthemums make good salad when minced, mixed with chopped or flaked nuts and dressed with honey. The Japanese chef will take the flower of your selection and shortly return with it in the form of a delicious salad. Honey and peanuts make a delicious blend of flavors with the resinous flavor of this flower.

CHRYSANTHEMUM

STOCKS OR GILLYFLOWERS

(*Matthiola Annua*)

The stocks are the most beautiful flowers of the mustard family. The leaves have an agreeable bitter taste like that of rock cress and are quite palatable when combined with peanuts. The double flowers make a tempting, delicious and wholesome salad when chopped, combined with chopped nuts and dressed with honey. They may also be served combined with flaked nuts and rhubarb juice.

ALTHEA, ROSE OF SHARON

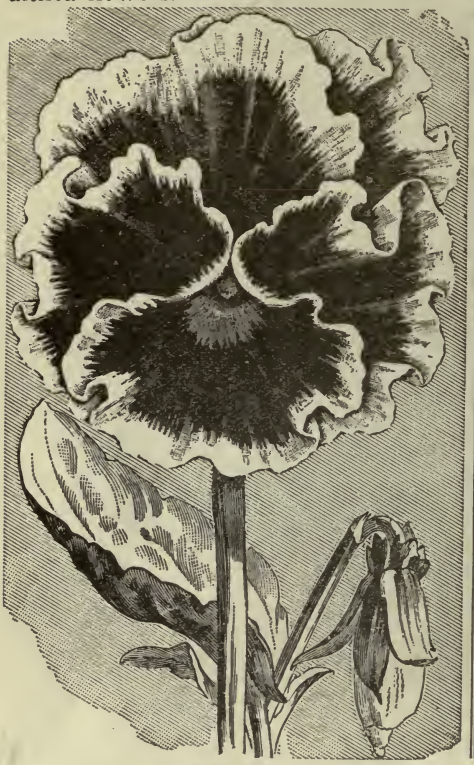
(*Hibiscus Syriacus*)

The flowers of the altheas are as delicious, and sweeter than the flowers of the sweetest hollyhocks. The petals may be served whole or chopped, like lettuce, dressed with honey or olive oil and lemon juice. The double flowering shrubs are preferable, because of the bulk and weight of their flowers.

ROSE OF CHINA

(*Hibiscus Rosa Sinensis*)

The double flowers of this rose mallow make as good salad as the althea flowers.



PANSY

STOCK

PANSY OR HEARTSEASE

(*Viola Tricolor*)

The pansy is another wholesome herb. Its leaves and flowers have a dilute flavor of wintergreen, which is lost in persistent chewing. The leaves can be used as a salad ingredient. The flowers prepared like the nasturtium flowers alone or in combination with other flowers make a pleasing variation.

FORGET-ME-NOT

(*Myosotis Palustris*)

Both the flower and the leaves of forget-me-not can be used for salads.

ZINNIA

WATER LILIES

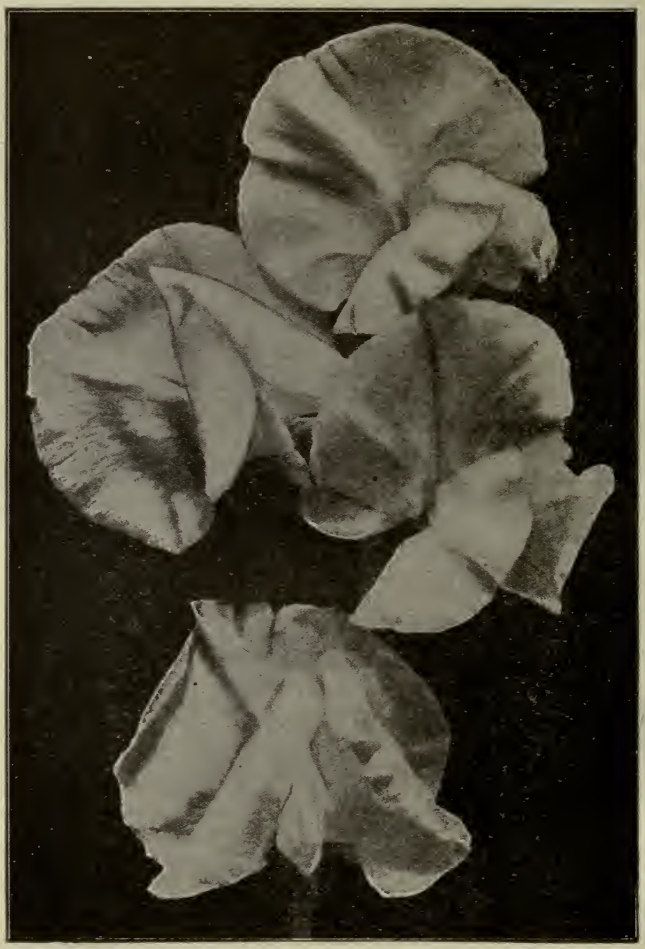
(*Nymphaeas*)

The petals of water lilies make a luxurious salad, when chopped and combined with grated cocoanut or flaked pignolias.

DOUBLE ZINNIA

(*Zinnia Elegans*)

The large double flowers of the zinnia make a good flower salad when combined with peanuts. The various colors of these flowers adapt them well for ornamental salads or for garnishing. The petals should be pulled, full length, out of the full grown flower head and chopped. These flowers have only traces of a bitter taste, which resembles that of the dandelion leaf. Zinnias are easily cultivated.



SWEET PEAS

FLOWERING BEANS

(*Phaseolus Multiflorus*)
(*Dolichos Lablab*)
(*Wistaria Chinensis*)

The scarlet runner, the hyacinth bean and the Chinese wistaria, bear a profusion of bean flowers which can be used for flower salads. The double flowered varieties are preferred. Bean flowers and nasturtium flowers chopped, and chopped pecans dressed with honey is a tempting and delicious combination.

SWEET PEAS

(*Lathyrus Odoratus*)

The flowers of the sweet pea can be used for flower salads or for garnishing.

ALFALFA FLOWERS

(*Medicago Sativa*)

The flowers of alfalfa (lucerne) are rich in albumen, fibrine, calcium, sulphur, iron, sodium and potassium. The alfalfa roots penetrate deep into the subsoil and therefore are able to bring up mineral elements that other plants are not able to reach. The ladies of the Median court ate these flowers to maintain their beauty. The flowers of this and other clovers have been found remedial in cases of nervous debility and female diseases. They are wholesome for all. Combine them with salad herbs or prepare them like hyacinth bean flowers.

VERBENAS

(*Verbena*)

The corollas of verbenas can be used for flower salads. They may be used whole or chopped and dressed with honey or rhubarb cream.

ROSELLE

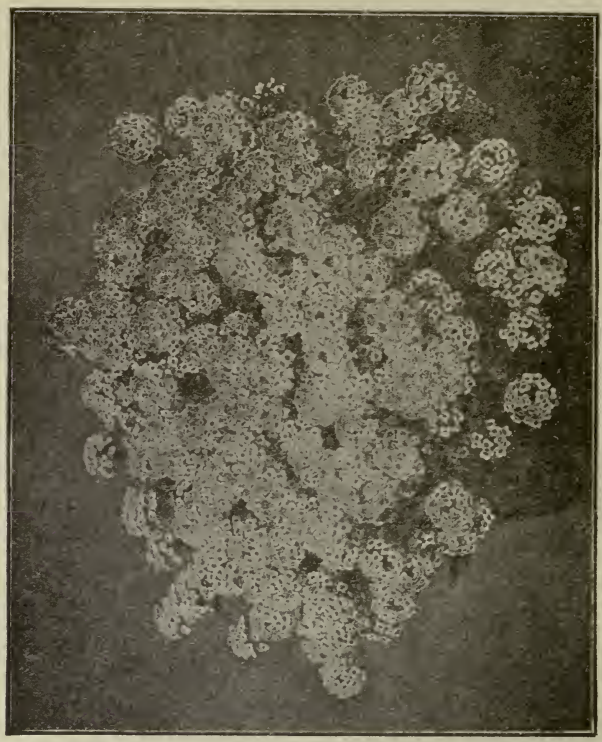
(*Hibiscus Sabdariffa*)

The acid calyxes of this malva may be used for flavoring salads or drinks.

SWEET ALYSSUM

(*Alyssum Martinum*)

Sweet Alyssum is covered with little flowers all summer till frost. The taste of the flowers resembles that of turnips. These make a very pretty salad garnish and when chopped can be sprinkled over salads.



SWEET ALYSSUM

FLAVORING HERBS

Flavoring herbs are those which are wholesome, but must be used in sparing quantities because of their strong and pungent flavors. They are useful for varying the flavor of dishes without materially changing their composition.

FENNEL

(*Foeniculum Vulgare*)

Fennel is cultivated for its sweet aromatic foliage and seed. The leaves may be used to flavor salads and the seeds for confections.

TARRAGON

(*Artemisia Dracunculus*)

This flavoring herb has a pleasing odor of new-mown hay and is much relished.

MINTS

(*Labiatae*)

Sweet Bazil (Ocimum Basilicum).
Spearmint (Mentha Viridis).
Peppermint (Mentha Piperita).
Pennyroyal (Hedeoma).
Savory (Satureia Hortensis).
Majoram (Origana Majorana).
Thyme (Thymus Vulgaris).
Creeping Thyme (Thymus Serpyllum).
Sage (Salvia Officinalis).
Ground Ivy, Gill, (Nepeta Glenchoma).
Hoarhound (Marrubium Vulgare).

All these aromatic herbs of the mint family are useful and wholesome for flavoring salads, soups and nut-cheeses. They must be used sparingly to get the best effects. In small quantities they stimulate the appetite, but in large quantities they satiate by tiring the tastebuds.

TAGETES LUCIDA

This herb has a flavor very much like Tarragon.

CHERVIL

(*Anthriscus Cerefolium*)

This herb resembles parsley, and is used like it, but its flavor is not universally relished; yet the taste may be acquired.

DILL

(*Anethum Graveolens*)

Dill with its pleasant fennel odor may add much to the flavor of salads.

SAGE

(*Salvia Officinilis*)

Sage is a wholesome flavoring herb and has also active anthelmintic properties.

ANISE

(*Pimpinella Anisum*)

The sweet aromatic seeds of anise make a wholesome and often much relished condiment. The flavor combines well with wheatmeal. The seeds may also be used in fruit confection and fruit wafers. Before using anise seed in food, it is best to find out whether those who are to eat relish the flavor.

CARAWAY

(*Carum Carui*)

The aromatic fruit of the garden caraway is a wholesome condiment. A small quantity mixed into rye, which is to be ground for meal, may improve its flavor. The ground seeds also improve the flavor of cabbage salad.

HERBAL GAME

There is a perverted and a natural sportmanship. The propensity to hunt after rare foods is an evolutionary acquirement and has become instinctive. The primitive sportsman hunted after rare and delicious herbs. When the first nuts and fruits were produced, in the order of evolution, these became the object of the hunt. When these first sportsmen had evolved sufficient reason to realize the danger of exterminating those rare relishes they turned to cultivate them and thus the gardener and the farmer is the son of yon sportsmen. The primitive sportsmen had no arrow nor gun and the humane sport of today needs but a knife and a bag or basket to gather the following uncultivated relishes.

SHEEP SORREL

(*Rumex Acetosella*)

Sheep sorrel or red sorrel grows in all sterile fields and is a most useful "salad weed." It is often preferred to cultivated sorrel for its firmness and sweetish acid.

SHEPHERDS PURSE

(*Capsella Bursa-Pastoris*)

This herb is not injured by frost and is available in April and May. It blends well with flaked nuts and is a good tonic herb.

YARROW

(*Achillea Millefolium*)

Yarrow is also called milfoil, green arrow, thousand leaf, carpenters grass, bloodwort, old man's pepper and soldier's woundwort. It may be found in lawns and meadows. The leaves of this herb make a wholesome piquant salad in early spring, before they are five inches tall. They should be chopped quite fine and mixed with an equal weight of flaked peanuts. It is a mild worm expeller. It is often used as a stimulant tonic. It also acts on the bladder and checks excessive discharges.

SWEET WOODRUFF OR WALDMEISTER

(*Asperula Odorata*)

This herb has a pleasant taste and makes a wholesome salad.

BROOKLIME OR WATER SPEEDWELL

(G. Bachbungenkraut)

(*Veronica Anagallis and Americana*)

This herb is as good and wholesome as water cress, beside which it grows.

MEADOWSWEET, GEISSFUSS

(*Spiraea Salicifolia*)

Antonie Preissler has included this herb in her food book. It will add to the pleasures of the vegetarian sport. Those who suffer from rheumatism will eat it with benefit.

MARSHMALLOW

(*Althaea Officinalis*)

The marsh mallow leaves make a wholesome salad.

SOUR KNOTWEED

(*Polygonum Hartwrightii*)

Sour knotweed (also called sour smartweed) grows in moist hard soil or muddy places. The leaves are narrow, short stalked, slightly

SOUR KNOTWEED.

hairy and the stems are covered with hairy sheaths, which have a conspicuous leafy border. The leaves and young stems are crisp and have a delicious sweetish sour taste. This herb makes a palatable salad. In the sands near the lakes grows a similar plant which is hard and not so sweet.

VELVET LEAF

(*Abutilon Abutilon or Avicennae*)

Velvet leaf, also called Indian mallow, has large, roundish, velvety and yellowish leaves. Its flavor is at first disliked, but relished after it has been tried several times.

HARTSHORN PLANTAIN

(*Plantago Coronopus*)

Hartshorn plantain is also called buckshorn and star of the earth. It grows wild near the sea in stony and sandy places, but it is also extensively cultivated for mixing in salads. The leaves of the cultivated plant are more tender.

PLANTAIN

(*Plantago Major*)

The young leaves of the several varieties of plantain are quite palatable when chopped, minced and served with nuts and honey. The taste is soon acquired. The plants respond well to cultivation.

CAT'S PAW OR EVERLASTING

(*Antennaria Dioica or Neodioica*)

This herb grows two to four inches tall in sterile soil and sunny places. It has cottony leaves and corymbed heads, which resemble a cat's paw. It is relished in salads for its pleasant warm flavor.

MOONSHINE

(*Anaphalis Margaritacea*)

Moonshine is also called life-everlasting and silverleaf. It generally grows, in sandy woods, on the north side of trees and twelve to eighteen inches high. It has a pleasant warm flavor.

SALAD HERBS

	Water is Deducted	Protein	Oil	Sugar Starch	Ash
Spinach	90.26	27.98	4.40	41.93	25.69
Portulaca Oleracea	92.61	30.31	5.41	43.17	21.11
Celery	94.50	20.46	2.27	59.09	18.18
Swiss Chard	92.50	20.47	5.87	55.90	17.76
Lettuce	95.00	23.43	5.05	54.12	17.40
Dill	83.84	21.53	5.44	58.05	14.98
Goosefoot, White	79.53	19.25	3.71	62.29	14.75
Endive	94.13	29.50	2.22	54.31	13.97
Dandelion	85.63	19.56	4.80	62.42	13.22
Rhubarb Stalks	94.80	10.59	5.00	71.86	12.55
Cauliflower	90.90	24.51	4.18	58.90	12.41
Leek	87.62	26.09	5.57	55.98	12.36
Cabbage	90.02	20.27	3.62	63.88	12.23
Mugwort	79.01	26.49	5.53	55.83	12.15
Rampion	93.40	40.90	6.10	40.90	12.10
Plantain	81.50	14.32	2.22	71.78	11.68
Parsley	85.05	24.48	4.81	59.47	11.24
Sorrel	92.19	30.98	6.14	52.38	10.50
Summer Savory	77.88	19.76	6.46	64.24	9.54
Asparagus	92.00	27.15	3.46	59.95	9.44
Pimpinella	75.35	22.92	4.99	65.11	6.98
Onion	89.60	13.03	3.42	77.91	5.64

(Cellulose, which is so useful in stimulating intestinal peristalsis, constitutes from 1 to 6 per cent of herbs. It is included in the carbohydrates.)

SALAD ROOTS

	Water is Deducted	Protein	Oil	Sugar Starch	Ash
Radishes	92.17	17.54	1.50	69.12	11.84
Beets	87.50	13.00	1.00	77.00	9.00
Parsnips	84.25	10.32	3.17	77.78	8.73
Rutabagas	83.70	21.08	1.00	69.57	8.35
Turnips	89.57	12.32	1.37	78.09	8.22
Kohlrabi	85.57	33.75	1.45	56.69	8.11
Sweet Potatoes	67.80	6.22	1.86	83.85	8.07
Celeriac	84.10	9.91	2.85	80.24	7.00
Carrots	87.05	17.72	1.54	73.79	9.95
Horseradish	76.70	11.58	.35	80.47	6.44
Artichokes	79.50	12.64	.98	81.36	5.02
Potatoes	78.00	10.14	.46	83.81	4.59

SALAD SEEDS

	Water is Deducted	Protein	Oil	Sugar Starch	Ash
String Beans	89.25	21.00	3.00	69.00	7.00
Sugar Peas	91.00	22.31	1.58	69.21	5.90
Young Green Peas	74.60	27.56	1.97	66.53	3.94
Lima Beans	68.50	22.54	2.22	69.84	5.40
Green Corn	75.40	12.60	4.47	80.08	2.85

VEGETABLES

THE COMPOSITION OF THE ASH IN FRACTIONS OF 100 PARTS

	Percent of Salts After Water is Deducted	Iron	Sodium	Magnesium	Calcium	Potassium	Phosphorus	Sulphur	Silicon	Chlorine
Spinach	25.69	.86	8.68	1.65	3.06	4.26	2.63	1.77	1.16	1.62
Swiss Chard	17.76	.23	6.27	.76	2.11	4.49	1.94	.69	.53	.74
Lettuce	17.40	.91	1.31	1.08	2.56	6.54	1.60	.66	1.41	1.33
Dandelion	13.22	.12	1.40	1.13	2.70	5.24	1.05	.29	.94	.35
Cauliflower	12.41	.12	.73	.46	.69	5.51	2.45	1.57	.46	.42
Leek	12.36	.94	1.75	.36	1.28	3.79	2.04	.91	.91	.38
Cabbage	12.23	.21	1.37	.44	2.62	3.36	1.80	1.00	.46	.97
Rampion	12.10	.02	1.13	.26	.72	5.50	1.02	.47	2.42	.56
Radishes	11.84	.33	2.50	.36	1.65	3.78	1.28	.76	.10	1.08
Asparagus	9.44	.32	1.61	.40	1.02	2.26	1.75	.58	.95	.55
Rutabagas	8.35	.05	.47	.32	.94	3.92	1.21	.80	.09	.55
Kohlrabi	8.11	.24	.53	.55	.88	2.84	1.76	.71	.20	.40
Celeriac	7.00	.10	.02	.40	.90	2.96	.89	.38	.27	1.08
Carrots	6.95	.07	1.47	.30	.78	2.55	.87	.44	.16	.31
Horseradish	6.44	.12	.26	.19	.53	1.94	.50	1.98	.82	.06
Onions	5.64	.13	.14	.26	1.29	1.91	.98	.32	.48	.13
Artichokes	5.02	.19	.51	.15	.16	2.37	.70	.25	.50	.19
Potatoes	4.59	.05	.14	.22	.12	2.75	.77	.29	.09	.16

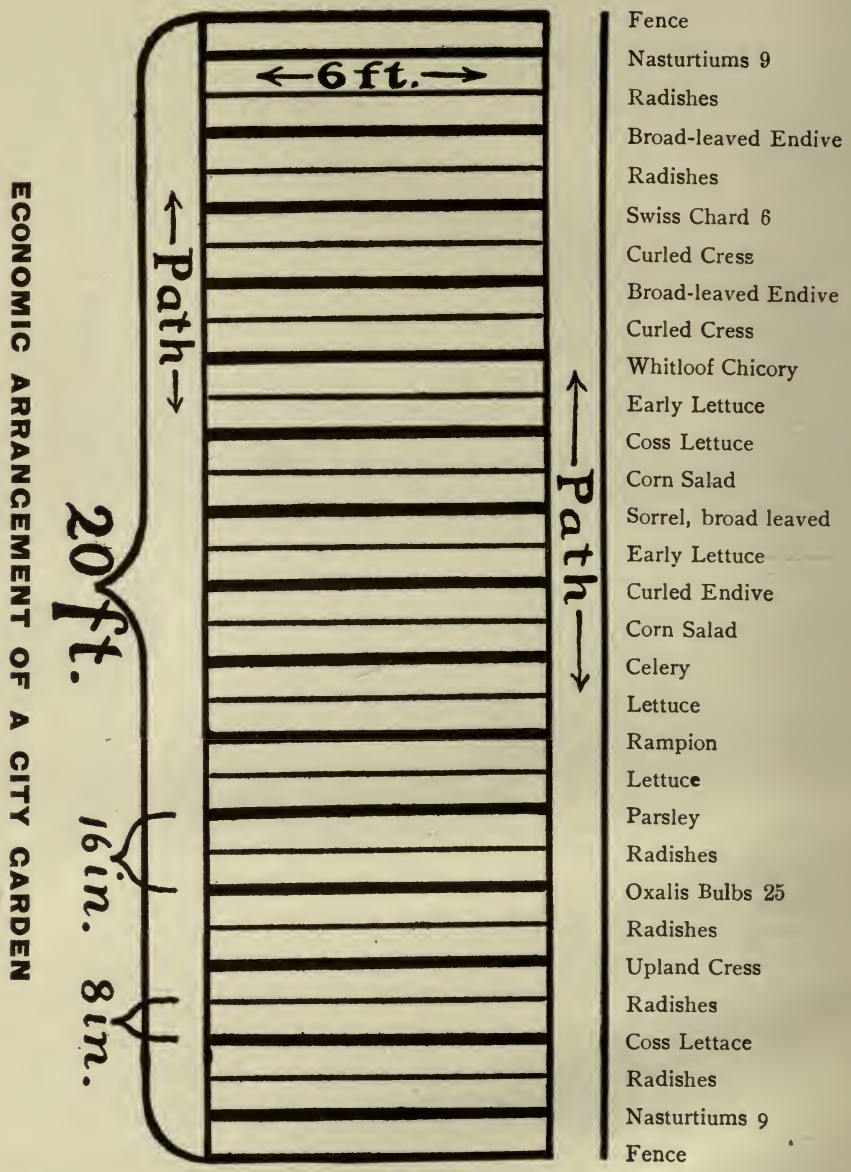
FOOD VALUE OF SALAD HERBS, ROOTS AND SEEDS

	Calories per Ounce		Calories per Ounce
Spinach	7.8	Radishes	8.0
Celery	5.3	Beets	13.1
Lettuce	5.0	Parsnips	17.0
Endive	5.9	Turnips	11.1
Dandelion	15.2	Sweet Potatoes	34.5
Cabbage	10.5	Carrots	14.0
Plantain	9.7	Artichokes	22.4
Parsley	16.1	Potatoes	24.0
Sorrel	16.5	Spring Beans	11.8
Asparagus	8.6	Sugar Peas	9.8
Pimpinella	27.8	Lima Beans	34.9
Onions	11.7	Green Corn	28.7

CITY GARDENING

The lots in the larger cities are generally so small that there is very little room for the cultivation of salad herbs and roots. Every family in a city should cultivate at least about five hundred square feet of fertile soil for food. Such an area judiciously cultivated and arranged can produce all the green herbs and some of the roots an average family may require, for their health, throughout the year. For the sake of experiment the author asked his landlord to permit him to cultivate a portion of the back yard. The landlord gave him an area of thirty-five feet long by six feet wide. The soil was very poor, yet this miniature garden produced enough salad herbs for a family of four, from the first of June until the last of September, during the last five years. The author would not advise the cultivation of corn, cabbage, cauliflowers, parsnips, rutabagas, sweet potatoes and artichokes in so small a garden. The diagram below shows how the above mentioned, perpetual supply of salad herbs was produced. It will be noticed that every other row is lettuce, radishes, curled cress or corn salad. These rows should be used up before six or eight weeks after sowing, to make room for the later and larger herbs. It will be noticed again that nasturtiums, Swiss chard, whitloof, chicory, sorrel, celery and parsley are thirty-two inches apart or every fourth row. These late herbs require all that space after ten or twelve weeks growth, and by that time the broad-leaved endive and cos lettuce is used up. The oxalis and upland cress does not need as much space as the other late herbs. Sow chicory, sorrel, celery, parsley and cress closely in a drill, traced with the finger. Plant two seeds of nasturtium every six or eight inches. Plant four Swiss chard seeds every ten inches and when the plants are six inches high cut the three smallest ones away and leave the largest one grow until the mature leaves can be broken from the side. The oxalis bulbs should be planted two or three inches apart. The radishes should be sown in the drill so that the seeds come about a half to an inch apart. The lettuce must be sown close enough that the sparrows can have a few seeds also. Sow the rampion in a shallow drill, but do not cover the seed. Always plan to use the early rows before they crowd the later rows. Do not cut the celery and parsley off like chives, but break away the mature and drooping leaves from the side of the rows as they grow.

The young leaves should not be picked or cut off the plant unless you wish to kill it or retard its later growth. If the nurse will practice a little economy there will be no old leaves to waste, because she will have used them before they are old. If the garden is large enough it is advisable to cultivate a row of dock, dandelions and plantain for early spring salads. Carrots, turnips, kohl-rabi and parsnips should be thought of next. Jerusalem artichokes may grow in a waste corner of the garden. Tomatoes, cucumbers and squashes need plenty of room. Dahlias and sweet potatoes should have their place, if the garden is large enough.



ECONOMIC ARRANGEMENT OF A CITY GARDEN

If you wish to know more about the description and the cultivation of vegetables, send for "The Vegetable Garden," by W. Robinson. This is the most complete work on the subject.

POISON IS SOLD AS CANDY AT SCHOOLS

That most of the candy sold to the school children of Chicago is rank poison was made manifest in the report of Joseph W. Hora, a chemist, to the Consumers' League at a meeting in the Fine Arts Building yesterday.

Mr. Hora showed that what is sold as licorice, for instance, contains a large amount of starch, carbon, charcoal and lamp black, but little or no licorice. He found candies flavored with coal tar dyes and colored with cochineal. Some specimens contained clay and sand and in several instances arsenic.

THREE KILLED BY PACKERS' SAUSAGE

Father and Two of His Children Die After a Lunch of Bologna.

FT. SMITH, Ark., June 18.—Three persons are dead and a fourth is hovering near death at Belle Point Hospital as the result of eating packing-house sausages.

The dead are J. B. Barmore, a farmer who resided near Ft. Smith, and two of his children, Emma, aged 5, and James, aged 18 months. Clara, another daughter, aged 7 years, it is thought cannot recover.

Barmore purchased some bologna sausage from a lunch stand and he and the children ate freely of it. Before reaching home all were taken violently sick and the third death resulted to-day. Mrs. Barmore did not eat the bologna lunch and was not taken sick.

POISONED BY CANNED MEAT.

STERLING, Ill., June 18.—Three families are suffering from the effects of eating what was undoubtedly poisoned meat sent out from some packing concern, but owing to the fact that the labels on the can were destroyed it could not be learned what company sent it out.

The first family to be affected was that of William D. Mason of Springfield, followed by that of Harry Davis of the same place and this morning the family of Edward Onable became deathly ill and for a time it was feared the family would not recover. There is a probability that the poisonings will result in the confiscation of canned meats.

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